

Structured GMP and This And That GMP

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In the beginning, when you first begin the practice the GMP, to learn it, it's best that you practice it in a structured fashion. By structured I mean you do all of the parts in order, meaning you do Part 1 first, then you do Part 2, then you do Part 3, Part 4 is always a culmination of Part 3 and you're always in Part 4, you're always acting in some way. But Parts 1, 2 and 3 can eventually become very free flowing and you can move in and out of any of the parts during your meditation. They don't have to stay in that order. And that's the ideal place to come to in the practice of the GMP, and that is to be unrestricted in your meditation. You must practice diligently to be able to simply sit down, be silent, go within in a prayerful state of consciousness, and then trust the inner pull.

For some people, Part 2 may come first, then followed by Part 1, and then back to Part 2 and in to Part 3. For some people, when they sit down to meditate, their being is already open and they are not repressed or needing to release, but rather just sit in a calm, quiet prayer. Then, there may be someone else in a calm state immediately and entering into the thinking part of the GMP, and then possibly after the thinking part, so much information may come, that the emotional body is triggered by some kind of fear of what was heard and there needs to be a release period again, to calm down and think more. So that person may go from Part 3 back into Part 1 and then back into Part 2 and then back into Part 3. Do you see? It moves around.

Some people may be calm for a long time and then, out of nowhere, in a prayerful state, tears will begin to flow. Some people may be calm and thinking, and in thinking, begin to get up just by an impulse, a feeling, get up and start to pace the floor, back and forth, pacing. And some people may be in the emotional release part,

Part 1, and suddenly have an urge to get up and dance and release through dancing. So you see, it's a free flowing meditation once you learn all of the parts and how to go in and out of them according to the pull within.

And that free flowing meditation is what we call the This and That GMP: you go this way, and you go that way. And this is the ultimate way to practice this meditation. You go within and you trust how God is pulling you within and how He wants to move you. The only thing that is a must is that you begin meditation sitting up in a prayerful state and begin to go deep. Then you'll be pulled into whatever part of the GMP is natural and accurate at that time for you.

In order to flow in the free flowing nature of the This and That GMP, first you must master each individual part in order. The recommendation for learning the parts it's to pick a period of time in which you'll meditate, say one hour when you're beginning. Ultimately, the ideal amount of time, at least two times per week, is three hours per meditation session. But to start with, use a one hour period where you are not distracted by any outside influence and where you commit to that one hour and do not leave your meditation until that hour is up. The mind, the illusion will try to have you leave your meditation period and it comes up with a lot of reasons for you to not meditate. So be strong and don't leave your meditation. Try to see to all of your bodily needs before beginning meditation. If you're at an hour commitment when first learning the meditation, then what you do is take the first fifteen minutes to release your emotions and go into a prayerful state of consciousness.

Now, when you're first learning this, you may not even be able to release any emotions, and what you do in Part 1 is to be in a deep state of prayer, and perhaps even there's frustration and desire growing, but you be deep. So you do that for the first fifteen minutes. Then you take the next fifteen minutes to calm your being: your mind, your senses and emotions, and when you're calm, completely calm, you

then begin Part 3, where you think, and you can do that for about a half an hour, and that completes your one hour commitment and you will have gained so much in all three areas of your being and then be able to move in your daily life with a clearer more open consciousness and able to make good decisions throughout the day.

Keep practicing the structured meditation until you're understanding somewhat of how to practice all the parts. Gradually increase your time for meditation because ideally you need to meditate two times per week for three hours. The breakdown of the parts would be perhaps one and a half to two hours of emotional release, half an hour of calming and half an hour of thinking. That's ideal and that's while you're still in the structured format, and it takes quite a while to get the emotions to truly open, and once they do, you need to let go for a while. That is why there's such a long period: and hour and a half to two hours of just releasing. And then after that you need a half an hour to calm, and then another half an hour to think.

So that's when you get to the point where you really are going after a longer period to meditate. So you have your shorter beginning learning process and then you can build up to three hours. When you've learned how to practice all parts and enter the This and That GMP it will be somewhat different, quite a bit different. You may release only an hour, or a half an hour. You may calm for one hour and pray, and you may think for one and a half hours. You may calm for the whole three hours. You may release for all three hours. You may think for all three hours and you may go back and forth, in and out ten minutes here, ten minutes there, another five minutes here and then into crying, and then into thinking, and then into pacing. It all ends up to be very free flowing so that your being can move how you're pulled within.

Sometimes someone needs to release for three hours and sometimes someone needs to calm to two hours and think for one hour. You'll understand the This and That

GMP once you learn all the parts and how to use them all. So begin to learn the parts. Be patient with yourself, don't judge yourself, don't give up. This meditation is it. It's a gold mine and it does bring you very quick concrete results, and it does improve your overall life and well being but you must practice it, all of the parts.

Eventually you'll come to a point where you'll love the meditation and you look forward to doing it because of the great benefit it is as you do it, and then afterwards as you go into action and see your life begin to blossom. As you advance more you'll find that you crave and need to do some part of the GMP daily in a focused way. Even if it's just half an hour.

And the other side is that you're always in some part of the GMP, even those of you that don't even believe in this meditation. You're always in some part of it, you're just not applying it. You are like always either emotionally agitated or repressed and you're just not releasing it. Or you are calmly going about your day thinking about what is next or you're in action. So with consciousness you can begin to access the application of each part and rather than be agitated for three days, you can release and calm down, and then come to solve the problem causing your agitation. Do you see how that will help mankind so much if everybody stops being so agitated, angry, resentful?

The GMP will help your life all day, every day. So learn the parts and then practice the This and That GMP at least two times a week. And daily at least for fifteen minutes or a half an hour. Take the time to release and calm down so that you approach your life that day and you can think properly and clearly. You'll only learn this meditation, as I've said, through practice. So practice, practice, practice. It's a meditation practice and it will save you so much trouble materially and it will advance you so much spiritually.

In a group setting it is very interesting to do the This and That GMP and a little challenging as everyone is doing something different, all in one room. Some are releasing, some are calming, some are thinking, some are dancing, some are pacing. There's all different kinds of music going on: meditation music, church music, rock music, on and on. And you'd think that this would be distracting to each individual with so many things going on but as you truly enter your depth within, the external distractions cease and nothing takes you out of your depth of consciousness and whatever God is doing with you. So the many things going on at one time in the room actually strengthens your ability to meditate within so much chaos, seemingly, cause there's so many different types of activities going on. It actually strengthens your ability to meditate in a deep state and live your life, because you learn to never leave your centered depth and focus no matter what is going on around you.

If you're truly, deeply going within, nothing around you will disturb your depth, or your awareness or your focus in meditation or in life and it's quite wonderful to get to that point where chaos can break out all around you and you can remain calm and undisturbed, in either set meditation periods or in your daily life. Chaos can be going on with the people around you in meditation and chaos can be going on in your daily life, but you are open, calm, alert, focused and ready to be in action in your life. And again, I'll say it: through practice, and practice only, you're gonna learn the beauty, the glory, the splendor, the gift that this GMP is.