

Instructional Information on Practicing Part Three and Part Four
Spoken by Kalindi
GMP Series, Talk 14

Tape number 14! It's Kalindi again! Now this particular tape is titled: Instructional Information in Practicing Part Three and Part Four. You wanna listen to it several times before you're getting ready to actually begin to use the guided meditations. And it maybe helpful for you to use the first few times when you're doing the Thinking Part of the GMP. But more than a guided Thinking Part Three meditation, it's instructional, it's a mix between guided and instructional, but I'm speaking so much in order to teach you how to do the thinking part and the action part, Part Three and Part Four. I'm guiding you, but there's so much speaking that you don't have time to sit in silence and think. So it's more of an instructional type of tape and you need to listen to it several times before you actually really start to practice the meditation. Because you really understand Part Three and Part Four and how to do it. Because in the guided series itself, when it comes to Part Three I don't say anything and you're left on your own to think. So this is good for you to hear several times and to re-listen to so that you can understand more and more about how to actually sit and think while practicing the meditation.

So tape number fourteen, listen to it a lot. And once you start, just as with tape thirteen, once you start to regularly practice the meditation, these two tapes are going to be really helpful for you ongoingly to listen to. During the thinking part is when you tune into one specific question. The most urgent thing in your life that needs to be addressed is what your focus should be. And while you're thinking, you keep returning to your one question and you listen and you keep listening from an open state but focused, open, receptive, prayerful, and search sincerely for answers through the use of your intelligence.

And again, when you're thinking you need to be sitting up, not laying down. If you're laying down you're half asleep. In the thinking, the level of thinking I'm talking about is high level of thinking. You can sit on the floor or in a chair, whatever is most conducive as to not have your body disturb and distracting your focus. The way you can picture your thinking process is for the period of time that you are thinking, that you're sitting not as a spiritual seeker seeking for some type of bliss, we're searching for answers now, so you wanna sit in the mode of like a business executive of a company and though you're in a prayerful state, in a calm state, you're thinking as a top quality executive that has to find very accurate decisions for the company's well being and success; and that a lot is resting on you finding the accurate answers because it's your life we're talking about. You need to find the answers and you need to access the accurate information. Not from your mind with all of it's fears and doubts, but from your intelligence that is connected to the source of all intelligence: God.

So you get yourself in the mode as what you would picture a business executive sitting there. Now you have to think. You need to learn to calmly and objectively look at any area of your life like that, and make the accurate decisions to best forward your life, whether it is material matters or spiritual matters, or both. Be aware and focused. Do not daydream while you're thinking. Think intensely, with intensity and sincerely. Because you need to find so many answers. Whether you're seeking freedom or not. If you desire skills to have your life work better you must learn to do the GMP and access the answers from your intelligence. And seek external guidance when necessary. And if you're someone that desires to fully return to Union with God and brake free of the illusion entirely, you must access great intelligence.

Just hear, that's all. Just let these words come into you in the calm and open state that you're in. You can not always trust your heart or intuition until you're freed up of a lot of the fear that control your heart and intuition. And even when your fears

are not binding you any longer you will still need to use your intelligence. The heart's feeling and the intuition still need access of the intelligence on this earthly plain to have your life be in the best order with the least amount of chaos.

Once you've released your emotions, released your charge on any given situation, calm down to a point where you're truly calm and open and clear then you can begin to think and think with intelligence, not with mind chatter. Intelligence is higher than the mind. The mind rambles on with endless thoughts. The intelligence brings in truth. And as you being to access your intelligence clearly, your intuition can also kick in and help you.

At some point along your journey your mind will become your friend as you gain control over your mind. Keep calming down, stay open and receptive and if you're having a problem and you're agitated and you don't wanna hear any more, then you're not calm. How are you gonna access truth form within? So keep calming and keep listening. Intuition is not clear, nor is the intelligence clear with an uncontrolled mind, a fearful state, an angry state, a resentful state, a denied state, or a repressed state. You cannot access your intuition under those circumstances. Your mind must be under control. Meaning you've calmed your emotions enough through release and opening your being to the point that you would have released all or a lot of the surface interference that would cause your mind to be scattered, fearful, angry, blaming others, or in a resentful mood, unworthy, or in a feeling of despair and loneliness.

With all of that present you can't be calm and get clear information so you've gotta release and then calm down. To begin to think seriously about any matter, materially or spiritually, you must be calm. And again, your mind may have thoughts that go on but you can just let the thoughts float by and don't engage with the many floating and passing thoughts. Don't try to stop your mind from having its

passing thoughts. Just let the thoughts pass by and don't become side tracked by any of the thoughts.

Now you should be becoming more calm and more alert. And position yourself in the proper position, bodily. Because you haven't begun to think yet, you are still calming. A thousand thoughts may pass through your mind as you're thinking about the one very specific area in question in your life that's most urgently needing to be addressed next. And when you start to think you have to keep returning to that one focused question which your mind isn't gonna like to do. But you need to keep returning to that one focused question and subject that you need answers for, and listen in a receptive state, and think as you're hearing from within.

This takes practice, so begin this practice now. You know. You all know by now what it is you should be thinking about and finding solutions about, right now. So, in this state, I wanna say one more time: situate yourself in the most comfortable position so your body does not distract you. Because now it is time, in an open, clear, receptive state, to focus on the one question and find the answers and the solutions and you all know what you need to focus on by now. You all know what the most urgent thing is that you need to be thinking about. So begin to think and keep thinking. Keep asking, keep asking your question, keep returning to that question and look for the answers and the solutions to come to you. And this is gonna go on for about a half an hour. Think, don't become side tracked, keep returning. You know what you need to focus on.

If something comes to you that you don't wanna forget, just jot down a word or two. Don't, don't write a lot because a lot of information will come to you now. So just write down key words or phrases that you can go back to look at. You wanna really think deeply because you need to solve this problem right away. And it's gonna be like this with a lot of things in your life. You're gonna need to solve problems right away, and you're gonna have to learn to sit and calmly think. Think it through.

Find out. Think. Keep coming back to what it is that you're asking. Don't let your mind wonder. You think about the one thing that you're supposed to be thinking about right now and find the answers. Find the clue to the answers. If you can find a clue, then you can find even more information.

Don't day dream, don't wonder off. Become sharp, become alert. Conquer over any obstacles right now that are keeping you from thinking, and asking, and hearing. Every single one of you can tap into an intelligence that can run a huge corporation. Every single one of you can figure out what it is that needs to happen in your life for every area. But why don't you? Too lazy. Too lazy. Don't wanna take the time. You have to begin to exercise this muscle, the thinking. Not with your mind, but with your intelligence.

Find the answers in the next fifteen minutes. Sometimes it may take you several meditations to find the answers to one question. And the first answers you find may not be the complete answer and you may need to search further. One answer leads to another question, all around the same one question. And you're questioning, and you're hearing, and you're looking from every angle. You wanna learn to do that. Look from every angle. What can you do? There's something going on that you need to find a solution for. What can you do? And how many angles do you need to look at it from. Think like that now. Look at this one thing from many different angles.

Once you find the answers, then it will be easy to go into action. First you need to find the answers. People aren't used to thinking like this. Now, you think. You look from every different angle. OK, maybe you're getting an answer to what you've asked in one area. Now think it through a little bit more. OK, what if that doesn't work? Then what can I do over here? You need to go at this now. You're thinking about something that is the next most urgent thing that you need to think about. Find the answer. Find the solution, and solutions that you know you're gonna act upon, and by acting upon it's going to produce the result that is desired.

Imagine if the whole world would think. Think things through in an open prayerful state. How the world would change, how people would change. Families would change, businesses would change. The world will change and this is the beginning of bringing this meditation to the world.

How many of you really take the time to think in a calm state; come up with brilliant solutions? That's what Part Three is all about. And Part One leads to Part Two, leads to Part Three and it all leads to Part Four and then you have to go into action, once you know what it is that you have to do. So what is it that you have to do?

This is what it feels like to be thinking in a calm, open state, for those of you who are doing properly. Just alert, calm, focused and thinking, just thinking. And answers may come to you right away or they may come to you after your meditation is over, the next day. But you can all begin to find answer now, a clue, a direction. If you haven't written down your question, take a minute now to write it down. What is it that you're asking? What is it that is going on inside of you that you're asking about. Write it and then go back to thinking. And think, don't dream. Think! Think. Think! What can I do about this area? Don't day dream while you're thinking. If you're day dreaming, you're not thinking. Don't sleep while you're thinking. If you're sleeping, you're not thinking. And in your life, you're gonna have so many things to think through and you're gonna have to meditate a lot. Think a lot in a calm, open state.

This is a whole new reality that's being brought in, about meditating, and God, and finding God. You think? Yes, you think. There's a great mastermind behind all the universes and everything that's floating in the sky. It's not just a haphazard situation. There's a great intelligence and you wanna be able to tap into great intelligence.

So what's the question that you're asking now? Are you finding the answers now? And when you first begin practicing this meditation practice you can just ask simple questions and you'll be surprised. But you have to search deep. You don't wanna cheat yourself. You really wanna find the truth of what you need to do. That's why there can be no repression, or denial, or fear. It can't be your mind. It's got to be the intelligence. The intelligence is objective. The intelligence, like a computer, will tell you what to do, how to do it. And just like Part One of the GMP, you may need to release for an hour and a half, and cry, and open, or you may need to do that just for twenty minutes, when you meditate.

So with the thinking process. Sometimes you need to think for two or three hours, because it's so important, and day after day. Tremendous thought into an area because it's so important the decision that you have to come up with. And then there's other things that you have to sit down in a calm state and within fifteen minutes, or five minutes, you can find the clear, accurate answer for. So, you'll learn how to use all of the parts of the GMP and let them flow in and out of each other.

You'll learn how it feels to be calm and un-agitated, and able to think. When you find the answers and you go into action in your life, when you go into action with what you find, it's important to remain calm and clear while you're in action. So you can, in the moment, every day, in each moment, you can be accessing all necessary information for smooth transition and daily living. Cause to find the answers means you're gonna make changes to move forward, which means transition. It will affect your daily living, and you need to stay calm and clear. 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 you'll hurt people unnecessarily due to your emotional state. So you have to stay calm, clear, collected, when you're in action.

So you need to learn when you need to release if you're not calm, and when you're in action and you're just racing, and you're not doing it right and you're making mistakes. You need to learn how to live in a calm, clear, open state. Without that calm state, chaos ensues and you can't be calm if you're repressed in any way. In a calm, open, receptive state you will have the access to moving forward in your life, intelligently, even if you have to go through drastic changes, materially and spiritually, constantly, every day. You will become so sharp, and so clear, and so calm, and so capable. You'll never be able to master this meditation without practice, practice, and practice, and practice. At least two times a week until it just becomes your life. It's part of your every day life: Part One, Part Two, Part Three, Part Four.

And it's through regular practice that you'll gain the benefit of the gift of the Gourasana Meditation Practice, the GMP, meditation for this age. So, when you're in the thinking part, it will be clear to you when you're just done thinking. But you should think for a good half an hour when you're sitting down in a meditation. You should think for a half an hour at least about one subject that needs attention, until you start to get answers and you should keep revisiting that until you're clear and then you can go into action. And then action is everything.

Action creates movement. Movement creates your success. So you should think for at least half an hour when you're thinking. And you're gonna find out that you're gonna be thinking a whole lot more than a half an hour. There are some things in your life that are gonna take so much thought, if you care to move forward, if you care for your life to work. If you care to be connected to your source, to God, to the love of God. Takes a lot of thought. A lot needs to be put in place in your life in every way.

Now you should return to your thinking. Everyone who's not thinking about their one question, just stand up. If you can't think any more about your one question,

stand up. Keep thinking. Look at it from another angle. There's so many decisions to make in your life and you have to make the right decisions, if you're gonna succeed in what you're striving for.