

Guided GMP Meditation

Led by Kalindi

GMP Series 16

The first part of this meditation will go on for about an hour and a half to two hours. So you really wanna let yourself go. I'll guide the structured GMP as if you're all hearing it for the first time, for the benefit of those that are practicing the GMP for the first time. Those of you that are familiar with this meditation practice, my guiding you through the structured process, Part 1, Part 2, Part 3, Part 4, shouldn't stop your depth, but rather help , perhaps help you to hear something that will help you realize even more about the GMP. You always want to begin your meditation sitting up, in a deep state of prayer, and for some of you, sitting up is more of a kneeling on your knees with your head on the floor, and that's still somewhat of a sitting up position. But you don't wanna lay down on your back, or your side, or your stomach, until your depth pulls you to where you need to be. So you wanna begin sitting up and from there your meditation will start. Then as you go deeper, you may have to lay down, you may have to stand up, or you may have to just keep sitting. It is all unique and individual to each persons' meditation. Your movement within is highly individualized. If you start your meditation by laying down, then you have an expectation that, "I should be laying down doing something laying down", and you don't give yourself an opportunity to sit and first go deep and be pulled and then follow the pull. So, now begin, and just trust, let go, keep going. Part 1 of the GMP is a time to open your being. To open your being, to release your emotions, and to situate yourself in the deepest prayer. Sometimes in Part 1 you may feel calm, and still, and in deep prayer. That type of calm and stillness in Part 1 is different than the calm state that occurs in Part 2. But if you're in Part 1, you can be calm and still, but very deep, intense prayer within your longing. And then you keep going deeper into Part 1 with your intensity, your depth, your focus, and your prayer. That calm stillness that may come upon you in Part 1 that is deep prayer is different than the calmness that we are gonna come into in Part 2. It's a

calmness within Part 1 where you're actually just building more depth and more prayer and then, you don't know, any moment you may be releasing again. So trust your inner pull in Part 1, trust it completely, and don't hold back. You may be someone of the nature where you don't feel at all or it's very hard for you to feel. In fact you feel nothing. You feel stuck. You may say that you have nothing to feel and you feel fine and you have no problems. If you find yourself in that situation, then you sit in prayer and you pray to God to help you to open up your emotional body, because everyone has deep, deep pain and longing, everyone. In Part 1 you keep your eyes closed. Don't be distracted by anything that's going on around you and at the same time have full awareness of the parameters around you so you don't kick someone or bump into someone if you happen to be meditating with other people. So, eyes closed, now travel deep. If you feel nothing, let that nothing become frustration and then you'll start to feel your agitation and your anger at being shut down and not able to feel, and that will start your process of opening up and releasing. Come to God with your purging process and opening of the emotional body. Come to God with it, and pray, and let go. And get on with the process of going deeper, to where the real problem lies. And that is not in all the endless past and future pains and issues in this world of false hopes and dreams, but in the deepest part of your being where you feel separate, and alone, and unfulfilled because of the separation from God. So release, go deep, go deep, go deep, and go deeper. Then go deeper, then go deeper, then go deeper. Allow yourself to drop into your longing for God. Release your feelings, trust your movement, use your pillows and your towels to scream into, to cry into. If you have anger you can beat the floor with the towel, you can scream into the pillow. To feel the core longing of separation from God is the most painful of all pains, and it must be crossed through. And no one wants to cross through it. Everyone is hiding from that, but it must be crossed through. Once God begins to answer that longing, however long it might take, you learn to understand that the longing and that pain of the longing is the love of God and your desire to return to Him, and it's very deep, and no one wants to feel it. But underneath all the issues, that's what's there, and that's the gateway to enter into

the soul's cry. At that point one will be at the core of the emotional body's releasing, and that type of release opens the nervous system to the flow, and the current of the energy, love and presence of the Lord. At that point of transformation, which some of you may be at, the heart will have been pierced many times in it's opening up process and releasing illusions simultaneously. And every single person in this room, your heart has been pierced. And will you just let it bleed now and open up? Will you let it come to God? Prayer is always your most valuable tool. Prayer is always your most valuable tool to help you open up. If nothing else, in Part 1, you can deeply, sincerely pray, and you will be opening up through deep prayer, and He will answer you and you will go deep, and at some point you will surrender to going all the way deep within, to the core of your being. So tonight, now, you let go and go deep as the pull pulls you. Pray and go deep, and don't worry about time. I'll guide you through this. And when the meditation is over, it will be over. Give yourself fully. One and a half hours now, opening, deeply opening, praying, releasing any pent-up feelings, release them. Anger, frustration, agony, sorrow, sadness, hopelessness, despair. Go in there, come to God with it all. And keep going, and if you find yourself stopping, then pray. In deep prayer, "God, take me deeper." Don't stop and don't judge yourself. Just keep coming deeper and deeper, come, release, release, release, and open up. Open up, and in that opening long for the love of God, long to touch God, long to be free of the illusion. And purge everything out of you, no matter how dark and awful it may feel to you. Bring it to God and let it come up and out. Come to God with it. Come with all of your being, with all of your fears, with all of your emotions, with all of your anguish, with all of your mistrust, with all of your blame, with all of your resentment. Come to God and release it into the fire of His light. Come to Him with it, don't hold back in Part 1. Do not hold back, keep going deeper. And there's no such thing as stuck. Because if you're stuck that means you just have to pray. So, stuck means you're gonna be deeply praying. And if you're frustrating, that's a feeling that will build if you trust it. Keep coming, keep letting go now, deeper, and deeper, and deeper. You have your Kleenex, you have your towels, and you have your pillow. Those are your friends during Part 1 of the GMP.

Now you go for it like you've never gone for it before. And those of you for the first time practicing, just trust because your feelings are there and you can open up if you just desire it. Keep your eyes closed and keep going deeper. Don't hang on at all, come on, very deep. The whole world needs to do this. The whole world needs to purge everything and come to God with it. The longing, the hopelessness, the despair, the anguish. Keep coming. Come on, come deeper. We're fifteen minutes into the process of Part 1, come on, you open up now. How much do you want truth and love in your life? The world needs to purge itself and come into the longing for the love and the truth, and then feel that. So you make a big dent in your meditating every single time, for the world. Do it for yourself, and do it for the world, and do it for everyone that you love. Trust your body, trust your body to lead you, trust your feelings to lead you, trust your heart to lead you. Let go, open up. Cry, pray. Cry, pray. Cry, pray, scream, release the anger that's there. Keep coming deeper and deeper. And if you think it's time to stop, it's not. You want to open up a lot, release a lot. Create space so truth can come into you. Go deep. Go very deep, come on, go very deep. Very deep opening. Don't be afraid, don't be afraid to open up the storehouse of lifetimes worth of pent-up feelings and longing. Don't be afraid of it. I know it's scary, but it's all gotta crack open, all of it, all of it. And it's deep inside that you're gonna go. Come on, deep. Get that anger out, get that blame out, get that resentment out. Come on, don't be afraid of all of it. You have permission. The world needs to cry. When will the senseless suffering stop, and how will it stop? Come on, deeper. Come on. Keep, keep going. It's hard to imagine, one and a half, two hours. What do you do? Well you go deeper, you release more and you open more. And if you're stuck, you pray. And, otherwise, get on your feet, and shake your head, and move your body, but do something to get unfrozen. And move, deeper opening, deeper opening. There's lots of stuff there and it's gotta come out. And your longing, your longing underneath it all. Now pray deeper and open deeper. This has never been the case in the world, where people could actually let it out and find a way to open up. No matter what it is: if you hate God, if you hate the truth. Your hatred, your longing, you pain, your despair, all of it. Keep going, keep going

cause as you do this, you are opening up for more light, and more healing, and more of God's life to get in. But you've gotta go deep. And if there's no emotion, then there's deep prayer, deep prayer. And your prayer, your prayer is being heard. Your prayer is being heard and you can't give up. You can never give up. You'll see, the deeper you go, the more you open, the more you release and let go of the illusions that are binding you, and let God in, you'll see, over time He is answering your prayer. There's no way you can be calm and think, and access everything that He wants you to access with your intelligence when you're jammed up, repressed, in a state of denial. So open now, open. It's a safety, safe meditation into God. The meditation for this age, it's ok to feel, it's ok to open up. You need to get it out. And you need to release it into God and you need to want to let it go. And you need to not let the fear stop you from going to your depths. And it may take you two years to get to your depths. And what do you do in those two years? You pray, and you pray deeply. Endeavor, you keep endeavoring. You never give up, you never give up. You put this meditation practice into your life at least two times a week. Come on, open up. Give it all, all you got. Nothing is gonna stop you, three days of opening. Open and open more. Release, all of it. Don't hold anything back. No holding back. You can use Part 1 of the GMP in your life just for fifteen minutes a day and it will make a huge difference in your life. If you do this Part 1 just fifteen minutes every day and then calm down, you will be able to think much more clearly and live in much more love and truth. Sometimes you may need to cry for two or three hours. Sometimes you may need to open up for fifteen minutes, one hour, twenty minutes, five minutes. Don't stay repressed or in a state of denied feelings any longer. Help the world by helping yourself because God is here to help you now. But you make the effort, you make the endeavor, no holding back. You give Him your soul, you give Him your heart. You give Him everything even if it's hatred, pour it out. And underneath all of the hatred you will eventually come to find the true love. The only love that will satisfy you. Get used to Part 1 of the GMP: releasing your feelings, opening up to God and allowing His energy and presence to get in and heal you and help you. One by one, as each person will go through the process of releasing

everything into God, healing can occur and senseless suffering and cruelty can stop. What to speak of those of you who that will go to the depths of your soul's cry. You will find the Lord God Almighty. He's calling to you, "Come." No thinking right now, just praying and opening up. No thinking, just let go and open up. Release your feelings, open up your emotions, let go! Just let go! Open up even more. When you think you can't open any more, when you think you can not pray any deeper, when you think there's nothing more to release, guess what? There's more, there's more and it's so deep. It is so deep inside of you what needs to come up. The purging that needs to happen and the longing for God that is in there is so deep. Every time you do Part 1, every time you go into Part 1 it will always be different. Don't have any expectations, just go in there in deep prayer and then let go. Part of it you may be crying, parts of it screaming, parts of it silently praying, parts of it standing up and moving your body to release something in your body. So much movement in Part 1. For some of you the energy of God will come in as you lay and open up. So many different things go on in Part 1. It's vital for the world, Part 1.

There's every different thing going on with so many in here. And remember, when the still part comes in Part One, you can pray even deeper, and then you'll go even deeper. Don't be stagnant in your meditation. Be in some type of movement. You can be still but be praying. You can be still and be deeply longing. You can be still and you can be angry like a volcano, not quite ready to erupt and you're just waiting for when will you let that happen. You can have tremendous longing in your heart, right on the verge of breaking open, and it may take you months to break that. You have to keep going inward. Keep opening more and trust. A lot of different types of thing go on in Part One. You never hurt yourself. If you're angry you just hit your pillow or hit your pillow on the floor. When you scream, scream into a towel so that your vocal cords aren't damaged or stressed out. Cry deeply, beg for God. Bring Him all of your feelings, the bad ones, the good ones, the awful ones, the sinful ones. He is the only answer and the more you open, the more He gets in. And He does get in. And you can come to a point where you carry the presence and the love of God and

you walk in this world carrying that presence, that touch, that love, but you've got to open. There are so many people in the world ready for this, so many people in the world ready for this type of movement. And one thing I want you to remember is not to judge your meditation. Don't judge yourself. It may take you a whole year to fully open up your emotional body and even begin to feel your longing. And for some of you it may be quicker. Some of you may have great trust issues and you don't trust to really open up your deepest feelings, and it's gonna take you time. But you can go fast. It is possible to go fast. When you're meditating, if you find yourself tired, it's a good thing to stand up. Cause you wanna stay focused. Whatever part of the meditation you're in, you wanna be very focused. Part One, where you open up and you release, and in your depth you find that connection. So in this state that you're in now, we wanna enter into Part Two of the GMP, and that's calming. It doesn't mean that all of your emotions are totally gone or your feelings are gone, or that you've even released everything that you need to, but for this particular session, I wanna move you now into calming down. So, to calm down you should sit up. Sit up. Now you'll be calming down in an open state. You're very open, from just that little bit of movement. You're much more open than you were an hour and a half ago. So, even though everything is still moving in there, you wanna let yourself fall into just a calm, open, receptive state. Eyes closed. Let go of trying to get anywhere or have anything happen. Just be very calm and take some time. Takes about twenty minutes for you to become calm after releasing like that. Very calm. Let the crying stop now. We will come back later and we can do Part One again at another time. Right now, you wanna calm down, your mind, your senses, and your emotions. You're not striving to stop all of your thoughts, and you're not striving for a spiritual experience in Part Two. You're just striving to be calm. Calm, and collected, and still, and alert, and as undisturbed as possible. And many thoughts may be racing in your mind and you just let them race around. But you be still and keep coming into a deeper, prayerful, receptive openness. Don't get hooked into thinking about anything. If a thought comes, just let the thoughts just drift. Don't try to stop them, just let them come and go. You just wanna become very calm and

still. There's nothing sweeter than calm control. Practice control of your mind, your senses, and your emotions. And by control I'm not speaking of repression, you see, you're all so open, but that you gain the full power to direct and regulate your mind, senses, and emotions. And by you having the full power to direct and regulate your mind, senses, and emotions, you will achieve a greater sense of well being and be able to access all necessary and vital information needed in your life, in all aspects of your life. Calm your senses down meaning if you're hungry, let that go; if you're tired, let that go; if you're thinking about sex, let that go. Anything to do with the bodily senses, just let it go right now. And make sure you're sitting in a comfortable position where you can sit now for about forty five minutes, very calm. Practice calming down in your daily life when chaos comes your way. If you can truly remain open and calm, then truth can always be accessed, and your life will be much sweeter and much more full of love and truth, and the accurate direction for you to move in for your greatest well fare and in alignment with your truest desire. So, now just calm. Not sleepy, very alert, like you're getting ready for a day of business. Don't have yourself in any kind of position where you're in a sleepy position, like if your head is resting on your knees. Sit up right. If you need to lean against a wall, you can do that. If you need to sit on a chair you can do that. You don't wanna drift off into any kind of meditative airy fairy state. You're just simply, at this moment, a human being that has opened up your being and now you're calming down your mind, your senses, and your emotions so that you'll be able to think in an open, receptive, prayerful state and access your intelligence. So, you're not searching for any kind of spiritual state of bliss, or ecstasy, or anything. You're just becoming very calm, not dreamy, not blissy, just calm and alert, and focused, without any focus on any one thing. No focus, let the thoughts flow by. If you're agitated in any way, you're not calm. If your mind is disturbed and wanting to get up and you're done with meditating, you're not calm. If there's anything disturbing you, you're not calm. You wanna be calm, centered, focused, and alert. If your mind is racing around, you wanna stop the racing and calm down. The illusion doesn't want you to be able to have the power to be able to direct and regulate your mind, senses, and

emotions. Because then you can find all answers that you need. The illusion does not want you to master this meditation practice. Because if you do, you will solve all problems in your life, both materially and spiritually. So, keep becoming more still, more quiet, and more alert. Make sure your body is in a comfortable position. And when you meditate on your own, and when you learn all of the parts of the GMP, you'll see for yourself how long it takes you to calm down and what it feels like to really be calm. You'll learn over time. During the next part of your calming I wanna speak to you, so stay calm and just hear my words. I wanna speak to you about Part Three which is thinking. And I don't want you to think very much, I just want you to hear me. Just like when you go within to think, you need to listen in a very open, calm, receptive state so you can hear the truth. So, in that calm, open state, I just want you to listen to what I have to say to you about Part Three which is thinking. 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, not mind fucking, 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 disturbed and distracting your focus. The way you can picture your thinking process is that you're 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 are talking about. You need to find the answers and you need to access the accurate information. Not from your mind, with all of its 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 are 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 break 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 fears 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 plane, 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, calmed 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 begin 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 from 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 can not 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 sidetracked 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 thinking yet, you're 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 find 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 sidetracked. 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. Give yourself space to hear as you're thinking. You can ask, and then think, and then be still, and in that stillness just wait and then think some more. Very strategic planning. Finding an answer is the first step. Then you have to take the answer and think about that. Well, how will you apply that? What will be all the ramifications in your life because of that? And start to figure out how. All of the answers that you need will come if you just keep open, keep calm, be patient, and want the truth. You wanting the truth is a big part of the puzzle. You should still be focused on the same thing and working on the same thing that you started. You should be calm. Calmed down, not agitated, not disturbed. And for some of you, you may not even know what it is that you need to do next, and that can be what you're thinking about. What do I need to do next? Some of you may find that it's very helpful to just have a little note pad next to you and we can keep the lights a little bit higher during this part, because information just might start coming, and if you write it down there's space for more. For some of you that may be true, so you can keep a little note pad next to you, in case you don't wanna forget something that, you don't wanna write too much, but you may wanna do that. Now, you wanna continue in this mode of thinking, and calm, and keep focused, and you can open your eyes and stay focused cause you are searching for the answers so you can go into action in whatever area, whatever it is, if it's a spiritual endeavor or a material endeavor, it means action. So, you wanna keep thinking. When you go home you might wanna write some things down. You go to sleep thinking about it, you wake up, until you finally find a solution and start moving. And then once you start moving, there's gonna be more to think about, and more to feel, and more to calm down about, and more to figure out, and more to think about. It's a constant endeavor. The intelligence has to click in. It can be the smallest thing that you need to do, but you're not doing it cause you're not thinking about it. And if you will just do it, the next thing that needs to

be done, then the next thing can show up for you in your life. It may be a very big area, or it may be the smallest thing that you need to decide in your meditation. Like for instance, I needed to sit here and very thoroughly figure out the next three days of my life, so that I would, for sure, be OK to show up and do everything I have to do. So I had to sit and just figure out tonight the next three days. Very strategically, very important in my life, what I do and when I do it. And I can't goof, or make a mistake, or not have gotten rest over here, or exercised over here, or got a brake over here. Very strategic planning so that I can do everything. That was just like kind of a small thing but very important. I had to figure that out or I could have just let the three days go and I had a basic plan, but now that when I started to really think about the next three days, I could see right away, "I better decide tonight what is gonna happen about a couple of things." When I started to focus, I started to see, "Wow, what about that, and that? Where is that gonna fit in?" So, anyway, it's a very, very tedious thinking that you need to do in order to have your lives on all levels, in all areas work. And then you'll find that you don't have any time to be wallowing around or wasting in any way. You're so busy accomplishing everything. Even finding the time for your meditation. When you, when you give up the fight of resistance to everything that you need to do, then you will find that your days are very full and very ecstatic, despite the tumultuous transformation and all the feelings, that your days are very, very exciting and filled with movement and growth. So, we're gonna stop now and you just keep thinking about this until you find the solution and then go into action, and along the way there may be some other things that come up that you need to do and that you need to think about. Anyway, have fun thinking.