

Guided Free-Flowing This And That GMP

Led by Kalindi

GMP Series 17

Once you've used the structured guided meditation several times and you understand Part One, Part Two, Part Three and Part Four, and you start to have an idea of how to use each part of the meditation, then what you wanna do is practice the GMP in what we call the This and Than GMP. And what that means, This and That GMP, is that this meditation practice is meant to be a very free flowing meditation that doesn't inhibit what you need to do and when you need to do it in your meditation.

For instance, you know by now that you start your meditation by sitting up and going into a state of prayer and depth, and as you go deeper and deeper, you'll be pulled. But what direction you'll be pulled in, you really need to let go of any expectation or concept about what you think should be happening, because you need to trust God. As you go deeper you need to trust how God is trying to work with you in each meditation. You need to trust the inner pull of what your own inner movement is trying to do with you.

And it may be that you enter into Part One of the GMP, and in Part One of the GMP many things go on, from releasing your emotions of anger, frustration and hatred, jealousy, shame. You can be releasing in Part One, of the emotions, and you can also, in Part One is where your longing and your crying for God happens.

So you can be working on more surface issues and then deeper surface issues, and then the deepest issue which is the separation from God, which all consists of a lot of releasing: crying, movement, and then your being begins to open in Part One. As your longing for God and your being is open and in Part One is where you have so

many different spiritual experiences between you and God, of which you can have no expectation. You just have to go deep, and be in prayer, and let it happen.

But in Part One, as I talked about in the guided structured meditation, you may be in a calm, still place, in deep prayer, and in that state of calmness you start to become, perhaps, filled by the energy of God and the energy starts to move through your body, or perhaps, touched by God in some way in your heart, or for some people, visions happen, or so many different things happen in Part One.

And you need to be open in Part One as to what needs to happen to you. In Part One you just may be sitting in deep prayer knowing there's a block in you and you want to get through that block but you can't get quite get through it, so you're just praying and praying and you won't know where to go in your meditation unless you just start by sitting up, praying deeply, and then go within and trust the pull.

And you won't know into which part of Part One that you are going to be pulled into. You may be pulled into an issue, a surface issue for five minutes and cry and scream and then all of a sudden you're deeper into the longing, into the feeling of separation from God, and then all of a sudden you're even deeper and more open and experiences start to happen with the entrance of God's presence and love and energy.

So you really have to be very open to practice the GMP in the way that it's meant to be. So in Part One, you need to have no expectation of how it's going to be, just that you're gonna start and you're gonna go deep.

Now, for the meditation itself to be free flowing, when you first begin it, when you're practicing it, the This and That fashion that it's meant to be, as you sit and pray and go deep, you may not go into any of Part One. You may not cry, you may not scream, you may not release, you just may enter a very calm state. And you need to

trust that that's where your prayer and depth is taking you, is into a very calm state.

But then after fifteen minutes, that calm state may turn you into the direction of Part One where all of a sudden you start crying. Or you may become agitated while you are calm and that agitated feeling immediately drives you into screaming in Part One, and then you release deeper in Part One and whatever happens to you in Part One, happens to you, and then you come back to a calm state. And in that calm state, as I said in the structured meditation, there's a difference in the calm state that's just calm and praying and deep vs. the calm state of Part Two which is when you wanna start thinking.

So, basically with the This and That free flowing meditation you wanna let yourself just move. You just wanna sit down, give yourself a set amount of time that you're gonna meditate, and know that the illusion wants to disturb you and not have you meditate. So you decide before you are gonna meditate how long you're gonna meditate for, if it's an hour, if it's two hours, if it's a half an hour, and you be deep and serious for however long you're giving yourself. And then you just enter into the meditation.

It's like you're sitting there praying and then you just enter this experience and you don't have any preconceived idea of what the experience is going to be. You don't know where your depth of prayer is going to take you, you don't know what God is going to do with you as you go deeper. And you need to go deep, very, very deep.

And, as I've said earlier so many times, you're not gonna understand what I am talking about unless you practice the meditation, cause it will start to become alive for you and it will start to happen for you so you have to practice it. Now, for some of you, you may sit down in a prayerful state and there's, you're not, there's no emotion, there's no crying, there's none of that going on. But there's just a very

calm, still place inside and you have a lot to think about. And you're in a calm state in order to think, so you may be led right into thinking about something in your life that needs to be addressed and you need to find solutions for. So then you wanna let yourself be moved into the thinking part. And you wanna be so open in the This and That meditation, so free flowing that while you're thinking, if you feel like you need to get up and start to pace back and forth in the room that you're in, because that's helping you to think and stay focused, then you need to trust that.

You need, basically, you need to trust however you're being pulled in and out of all these different parts. And you may be thinking and keep becoming agitated while you're thinking, and so you can't really get anywhere while you're thinking, so if you're trusting the movement within, you'll know that you're thinking but you can't access the information cause you're not really calm, you're agitated and you'll automatically go into Part One and start releasing and opening up and go to a deeper place where you're truly open and calm and ready to think.

And you may have some meditations that are just the whole time you're just crying and releasing until there's just no more crying and releasing and then you just end your meditation in a still, quite place and that's where your meditation was for that time.

Sometimes, you'll be able to just sit there, be deep, in a prayerful state, open, receptive, calm and think for a long period of time whether sitting or pacing, taking a few notes, but serious contemplation where there is no distraction. And as I've said so many times, you can not think if you are not calm. So, you may think as you're praying and you're going deeper you may feel calm, and then you start thinking. But if you find that you're agitated you're gonna have to go into Part One.

Now, when you're in Part One, so many different things are going to be going on with you. You have no idea until you start to enter Part One. Ultimately, Part One

is where you're totally filled by the presence of the Lord if you take it to its deepest purpose, to the deepest gift that Part One of the GMP is, is that you go through the total annihilation of the false self, the ego. Everything is purged out of you and you become so open, that God, His energy, His presence, His love, it all just fills you. And that's quite a process to go through. There's a lot of energy that moves in you. You have to allow your body to move with that energy.

There may be times when you're in Part One and you're so open and the energy is moving in you that you feel like getting up and dancing, and you need to allow yourself to do that. You may be in the thinking part and accessing the information that needs to go into action in your life next and when you're thinking about it and you start to see the ramifications of what will happen in your life, the change that will go on if you actually take action, the accurate action that you're hearing from within, that you may go into total fear and terror while you're thinking and then no longer be able to access the proper steps, so at that point you're gonna have to enter into Part One again and release the terror and go through the feelings.

Maybe there's sadness because you're letting go, because you have to move on, because you have to change something. So you go again into Part One until you're then calm again and then you can think and clearly access the information.

You may have a meditation where you're doing nothing but pacing the floor and thinking. You may be pacing the floor in Part One where you're agitated and there's so much anger and you just have a towel in your face and you're just screaming while you're pacing back and forth in your room. And then you may go from pacing down onto the floor into crying and then the anger will move and then you feel the pain underneath. And you need to do the meditation in a free flowing manner. You can't be stuck in a structure.

So this meditation encompasses all parts of your being and ability to move in the meditation according to what's really happening with you. You may think you're gonna sit down and think because you need to think, and find that you just can't think. You're too restless, you're too agitated and you'll know, "I have to cry, I have to scream, I have to do something because I'm not calm and I'm not thinking clearly." You may go in and out of the GMP parts several times in one meditation: crying, then calming, then thinking, then crying, then thinking, then calming. In and out, in and out, in and out, in and out.

And some of your meditations maybe about nothing but opening up to the presence of the Lord, no thinking at all. You're just in Part One, where you're just open and just being filled, and healed and opened, and tapping into the most incredible loving exchange with God. That may be what's trying to happen to you. So you need to let your meditations be very free flowing according to how you're being pulled within. And if you know you need to think about things, which you have so many things to think about in your life in order to move accurately, spiritually and materially. You have so many things to decide, so you need to be able to be meditating a couple of times a week so that you can be thinking. Really giving concentrated time to thinking about different areas of your life.

But there's also the longing inside of you where you just need to cry and open up and get connected to God within your own heart. And you can't really have a preconceived idea, I can't say that enough times, you can't have a judgment or a preconceived expectation about how your meditation should go. You just have to understand all the different parts of the meditation and then sit down in a prayerful state and start to go deep.

Now, sometimes you'll know that you have so much to release, you're just like a volcano. Whether it's sadness, or the longing for God, or you're feeling the separation, or you're angry, whatever. You just know that you're just a wreck and

you just need to release. So you'll know to put some accurate music on because you know you need to release for quite a while before you can calm down and then think about what you need to make a decision about.

So sometimes you'll have a feeling of what you need to do. And most often you'll, you'll be able to tell if you can go right into thinking if you wanna think. You'll be able to feel if you need to release. You'll be able to feel if you're open and clear and calm. You'll be able to tell once you get tuned into yourself if you're in a state of repression or denial and not really open.

What's the use of going forward and making decisions in your life based upon a state of repression, or denial or anger, or resentment. You'll be creating more trouble for yourself. You wanna get accurate information from within and you wanna get connected to the source, you wanna get connected to God and to your highest intelligence.

So, I told you in the beginning when I was speaking about this meditation in the beginning few tapes, you're not gonna understand how to do this until you start to practice it. So once you've listened and practiced this meditation with the structured guided meditation several times and you get a feel for it, then you need to practice it in this way, free flowing. Sit down, put the music on that you feel more accurately attuned to at that time, and then just start to go and see where you go. If you know you need to think, then sit down, be calm, spend twenty minutes becoming calm.

And if you can't sit for twenty minutes in a calm state, undisturbed, there's no way you can think. If you're agitated, if you have charge on a certain situation, if you're in an emotional state about something and you're trying to find an answer, you can't find the accurate answer until you're calm. So that's why you sit down and you go within, and you go into prayer and you just start going deeper and deeper, and if you're gonna move into thinking, then after twenty minutes, you'll be very calm and

you can think or after twenty minutes, you're gonna be not calm. You won't even know sometimes that you're not calm until you try to sit there for twenty minutes, in a deep state. It's when you sit there for twenty minutes in a deep state that you'll find out which direction to go in. And if you do need to think and that night you really need to make decisions, or that day that you're meditating you need to make some decisions and within a week you have to find out, for instance, what you need to do, you'll know when you start meditating if you need to release or if you can accurately think. But it's by sitting there in an open state and starting to pray and go within that you'll find out which direction to go, and you'll be pulled by God.

And as you go deeper and deeper in this meditation, there is gonna be so much that goes on with you. I can't even begin to explain to you the many facets of this meditation practice. Not only does it help you to find solutions and answers in your life, through being able to access your intelligence in a calm state, but it takes you so deep within to your connection with the Lord, and then again, in Part One is where you can release all of your emotions. And Part Two, calming, is where you can learn to control your mind senses and emotions, but you can't control them if you don't release them. And you can't get to the deeper parts of your being, where you can really connect with God, if you don't open up.

So everyone is at a different place in their process, at a different level of openness with the emotional body. Some people are more able to think, they've been used to accessing that part of their intelligence. But it's a whole different story when you start to open up your being and from there, think. So some people that are great thinkers, are gonna find out that once they start to go into Part One and open up their being, their thinking is gonna change and they are gonna start to tune into even higher thinking, clearer thinking.

So the This and That, I can't really guide you in it, other than explain to you once you've learned the different parts. You have to sit down, trust the pull within, have

your set amount of time, which you can always go longer, but you need to have a set amount of time because your mind, your senses, everything is gonna be pulling on you to not meditate. You're wanna stop sooner, you'll think you're hungry. So you wanna have a set amount of time that you're giving yourself and then just sit down and go. And if you're sitting down and knowing that you need to think about something and you start to go within into a calm state so you can think and you just end up crying for two hours, then you're gonna have to have another session. Or if you have long enough you will be able to think after you are done crying. But you may have thought that you needed to think about something and your whole meditation turned into just releasing so that you could truly be open, so that you could access the information that you need.

So, the free flowing nature of the This and That GMP is so wonderful. You basically follow the pull within wherever it's pulling you. You learn how to calm down and you learn how to think. And you learn how to go into Part One where everything happens, so many things go on. You release all of the excess baggage and that's where you deepen your connection to God and allow His presence in, His healing powers in, His love to touch you, your heart to break open. Part One goes very, very, very, very deep. The more you practice, the more you'll see. And the deeper you go, and the more you learn how to get out of the issues that trigger you and into the deeper feeling, the quicker you'll be able to access a truly open state, where you're connected.

So there's no way to really guide you in the This and That, free flowing GMP. You just have to learn all the different steps. You have to come to learn what a calm state really feels like; an open, calm, receptive, prayerful state, really feels like. And over time, you're gonna learn. So many people may think they are calm, but they are just in a state of denial. So, of course the information they are gonna access isn't the highest information. They are not really open. You wanna get so open that you can really hear.

You have to have trust, a lot of trust in this meditation practice. Trust in the way that you are being pulled within. And don't sit in a stuck state, pray deeply to move. And if you can't stay focused, with your thinking, then you're not calm. And perhaps you're not supposed to be thinking. Perhaps, God's trying to pull you into a deeper place within, with Him, and then you'll be able to think.

So, basically, you just wanna put music on and move, however you are pulled to move. You can do a whole meditation in a half an hour. You can release, you can calm down and you can think. And you can actually learn to start every day doing that. Or you can start every day just sitting in a calm state for half an hour, or any time during the day. You can actually use this meditation, at all different times during the day. You can use it at your coffee break, you can use it while you're driving.

So you don't wanna be stopped by your own judgment or expectation of how you should or should not do it. You wanna trust and you just wanna be pulled within through the depth of your prayer and then let go. So you can prepare yourself now and sit up and begin to go within in a prayerful depth. And there will just be a variety of music that will begin in a few minutes and you just move, however you need to move.

If you're ever meditating with a group of people, and doing the This and That meditation, it's quite an experience because every body is doing a different part and it's all happening in the same room. And that's a very powerful way to go deep in meditation, is to do the This and That with a group of people with every different type of music, every different type of screaming, some people quiet, some people thinking. It actually strengthens your ability to live your life in a calm state, if you can meditate where chaos is going on all around you but you don't lose your centered focus on what you need to be doing. You're not distracted by what's going

on around you in your meditation, and you're not distracted in your life. You learn how to stay centered, stay deep, stay calm.

So, I'm gonna play several different types of music for you and it doesn't matter what you're doing, if you need to cry, if you need to think, if you need to calm. You can calm down, even if the most intense music is playing, you can be calm. You can cry even if there's just very soft music. If you need to cry and scream in anger and hatred, there could be just very soft music playing, and that doesn't need to stop you. So I'm gonna play for you a variety of different types of music for about an hour and a half, and you just sit there. You just make a commitment to sit there for an hour and a half and let yourself just go. If you know that there's a certain question, something that needs to be dealt with in your life that's urgent, you can have that be a focus that you go into your meditation with. But you can't start to think about it until you're truly calm and ready to think about it. And you may not want to think about anything, you just may wanna just go deep and let go.

So, again, I can't really guide you in the This and That free flowing GMP because I would have you boxed in a structure. And if you're boxed in a structure, you can't trust the movement that you need in the moment.

So all I'm gonna do for now is play a variety of music and you, no matter what the music is, keep going, the way you are pulled to go. And then eventually you'll come up with all different music that you like that's conducive to your meditation. But for this guided, This and That, free flowing GMP, what I'm going to do is play a variety of music and it's up to you to go deep, sit up. You should be doing that now, sit up, close your eyes and start to open in a prayerful state.

And, now the music will start and you just keep going. And when the music ends, you can keep going longer or you can stop your meditation. Part One, Part Two, Part Three and Part Four. You ultimately need to find the action that you need to

take in every part of your life. And you're actually in Part Four the whole time you're doing Part One, Part Two or Part Three. You're in action, doing what you need to do next in your meditation practice. And then of course, through your thinking you wanna find out about certain key things in your life. Find the answer and then go into action.

And if you get afraid, if you become afraid, when it's time to go into action, then you need to meditate and you need to release that fear, so that you're not moving in your life in a state of fear.

So now go within, and trust the pull and see where it takes you. And practice this meditation. Practice it, practice it, practice it. God will take you, God will show you, and your sincerity will open the door within this meditation practice. God is waiting for you in every single part of it. He's waiting to help you and you have to make the endeavor. So now begin your meditation. And trust what's happening to you. Trust. Pray, trust and let go.