

Necessity of Part One

Spoken by Kalindi

GMP Series, Talk 3

This is Kalindi again. Welcome to part, not part, tape 3. Don't want to confuse you here. But it's, it's me again. Tape Number 3, the Necessity of Part One. Of course by now you've listened to tape number two, two times, right? Wrong? Oh, you like to do it your own way? That's okay. Okay, tape three, the Necessity of Part One.

Know this, whether searching for ultimate freedom or just a greater connection with God and truth and just getting through your life, oftentimes it will feel like you are in a cave and there is just a little crack of light way in the distance that sometimes you can see and sometimes you can't. And you know that the way out of the cave is through the crack of light and that that's the only way out of the cave. And along the way inside the cave there may come along a little oasis of a pool of water that feels like paradise to you. And you say, oh, forget about the crack of light, and then you're just happy to stay inside the cave at your oasis. But you're still inside the cave. You haven't found your way to the truth and into the light that you need. And I know there's temptation to stop and just hang out and not have to think anymore and not have to go any further and let me just feel good for a while. But you're really, you know, not doing the best service for yourself.

Another analogy about how it feels to break out of the material illusion, which is like a prison, a very powerful prison that has you bound in so many ways you have no idea, just from doing anything. It's a powerful prison this material illusion. So the analogy is that in order to get out of the prison, and these are, I'm just saying this because in part one you're going to feel like this sometimes. And one of the ways you may feel is that you're like in order to break out of whatever you're in in the emotional part or in trying to get to the light, is that you're going through a cesspool tunnel underneath the prison walls. And you know that by going through

that dark, smelly, hellish tunnel that 20 miles further through that hellish situation, so it feels, that there's an opening to freedom that will be there. And you know that from very good authorities that gave you the road map through that tunnel. And you've got to get through it. And that's what it feels like crossing through sometimes.

What are you going to do, stop 15 miles? You gotta keep going. So remember, it gets dark many times on the path, so dark that you can't remember that there's any light or any opening to freedom waiting for you. And the illusion will try to pull you in some type of temporary, pleasurable feeling along your journey to try to sway you from the straight path out of prison, out of the cave, out of the darkness, into the light. The illusion will try to somehow get you to just slow down or stop or don't try so hard. And I'm here, Kalindi, I'm here constantly standing, calling to you, come. Even if you repeatedly have to go through such a hellish situation as what I've just described like underneath a prison in a cess pool, just crawling your way through darkness and you can't even see where there's any light, you can't even imagine that 20 miles later there's going to be anything. I'm calling to you. The gateway is narrow and there's only one way through it, so you have to come. You have to cross through all these dark nights of the soul. So try to remember that I've warned you about this, that you may many times feel that it's dark, hopeless and lonely with no way out. And it's in these times is when your prayer and your surrender to God has to increase many-fold, not decrease, increase. When it gets real dark you need to pray real hard. And I'm here, you know, basically to tell you that at the end of the tunnel and through the crack at the far distance of the cave, God awaits your arrival home.

Basically to sum up this part of the path that I've described, and I don't like to use bad words too much, but sometimes they're descriptive so, what's bad, but, this part that I've just described to you, it can't be called anything less than it's just a mother fucker bitch of a path which you have to learn to tolerate sometimes, day by day and

moment by moment, even though it's a mother fucker bitch of a path. You have to tolerate those dark nights of the soul and always return your consciousness to prayer, calling upon the Lord, because it's Him taking you through the darkness into the light, and that's the hardest thing to remember when it's happening to you, that it's actually God that's pulling you through. It's so hard to remember that. And without the GMP it's impossible to find your way into the light.

The GMP when practiced properly will be your constant road map to becoming freer each day. And for those of you desiring to go all the way to ultimate freedom and willing, beware of the temptations along the way. When you hit dark nights of the soul, such as what I described, you need to seriously embrace part one of the GMP. I mean seriously go into part one until you can calm down. There's no way to access clear thinking and a calm state without traveling deep enough through each layer so that you can come to a truly open state that will automatically lead you to a calm state of being, and from there be able to access clear thinking and clear guidance from within. Remember that because when you're in the thick of everything, don't try to figure anything out. Just remember that there's no way to access clear thinking and a calm state without traveling deep enough through each layer so that you can come to a truly open state that will automatically lead you to a calm state of being and from there be able to access clear thinking and clear guidance from within.

And to come to this truly open, calm, receptive state does not mean that you've necessarily resolved any of the disturbance or obstacles that you're facing. It just means that you've gone deep enough in a prayerful state to release the emotions enough to make a connection to the point where you just naturally fall into an open, prayerful, calm state and the emotions aren't in so much turmoil anymore. And from there your awareness and your intelligence can kick in to bring you the information that you're looking for.

The usage of the GMP to progress toward union with God necessitates the deepest level of opening of the emotional body and the ability to release and open very deep core feelings, very deep core feelings in your longing for the Lord and to be filled by the presence of God. So part one, the emotional, opening of the emotional body goes very deep. To get to this level of openness for some people it can happen very fast dependent on the maturity of the soul's readiness.

Usually not only does it take great prayer and longing to open to this depth into the core of your emotional body, but often it takes something that triggers you externally to catapult you into this depth of your inner work, some external situation that is not within your control or some letting go that is apparently necessary which causes your core to be jolted.

So for some people it takes external triggers to get you to your core and for some the soul is ready to just go to the core. When you're at this level of opening, the core, I refer to as the emotional body that surrounds your nervous system, it's like a thin layer that once you pierce it allows your soul to cry in a longing so deep. Once you pierce the very core of your emotional body, the very core of it, it allows your soul to cry in a longing so deep that the energy and presence of the Lord truly begins to enter your being, and His entrance into your being and your True Self's manifestation in Him starts to occur. And it's through the nervous system that the entry of God begins.

And the beginning of that is to just start to do part one in the beginning stages, just start to get your emotional body opened up. In the beginning stages of opening the emotional body most people are working on healing parts of their self that's been hurt in life, or there may be immense anger or hatred or shame or guilt, and all of these feelings revolve around issues of life, either childhood or something of an issue that the mind connects with. Thus a crying and release begins, and that crying carries a prayer to God for healing in these areas.

As you open and release in a prayerful state, God's love does begin to enter and assist you in healing certain abuse and pains of life. You have to be willing to let go, however. You have to be willing to let go of your suffering. To have to open it, feel it, let God's love in and let go. And it takes time in some areas.

Soon after you begin entering the emotional release aspects of part one, after you begin to access your emotional body's releasing nature, you must not remain entangled with the mind's picture of what you're crying about or releasing. That's really important. Don't remain entangled. Remember this sentence. Don't remain entangled with the mind's picture of what you think you're crying about or releasing. If you stay in the level of emotional release where you're trying to heal all of your pains and unworthiness and reasons for your anger, you'll be walking down a psychological avenue which is an endless maze of suffering that never ends. You'll be missing the point.

The goal of the emotional body opening is to create a valve to release the pressure that's been building for so long from the pain of the separation from God. It's to create a way that your soul can finally cry out in its deep longing to reach into God's heart by pouring out your heart and soul to God in prayer to Him to heal your deepest pain. And that's the pain of the separation from Him, the separation from love, the separation from yourself, yourself in God. And it's in that type of longing and crying of the soul from deep within that pulls His presence to you when you're crying to God that only He filling your being will satisfy you. So you want to get to that point.

If you somehow, however, remain locked in a wallowing state of being, victimized, and you try to heal all of that, it will never happen. If you're praying to God to fix all of your worldly pains and you remain in the mind thinking and crying and trying to become healed of the human condition and be in the human condition fully healed and never hurt again, you'll find that you again are entering psychological arenas,

and to stay on that level of psychological, trying to get God to help you heal your fears and pains and get on with living a nice life, you're going to miss the point of praying and crying from the soul and longing to be with God again, which is what it's all about.

This is not about a psychological process at all. So don't go down a psychological maze with your meditation. Go to a psychiatrist for that. This is about getting to your longing, releasing. You'll see. You'll see. You'll come to understand the difference. To end the separation between you and the Lord and to re-establish that relationship is the goal, not to stay locked in one area of crying, to heal something in the past only to find out that more pain comes your way and thus you stay focused and frustrated trying to fix and heal all of the pain and all of the future pains and trying to avoid any future pain, so then you stay shut down and repressed.

God is not an answer to fix everything and make your life pain free because to live in this world in an open state no doubt there will be pain, both physically and emotionally. So it's not an answer to make your life while you're alive totally pain free. The human condition. There's pain and suffering. But you can let go and break free. That's the only way out.

In part one of this meditation practice there are several types of opening of the being that can occur. Examples are, to release through crying and screaming, always in a prayerful state. Now, part one, you're always in a prayerful state, no matter what. There has to be some type of prayer going on and desire to let go. But releasing through crying and screaming past emotions of hurts and pains and fears that have been denied and that release in a prayerful state allows God's healing power to help you to actually release and let it go. But you need God's healing power to help you and your willingness to let go. So crying and screaming, past emotions and hurts and fears.

It's also an arena to release all of your daily buildup of emotions that are prohibiting you from residing in a calm and an open state able to contemplate and think and tap into your highest intelligence and intuition. Part one is also a time to be able to pray very deeply, just pray deeply, to reunite and deepen your eternal, loving relationship with the Lord. And that prayer can just be in a very quiet fashion, just very deep heartfelt prayer, deep prayer, where you're just opening inside even though there's no sound. And maybe there's a few tears coming up just of love and gratitude, or possibly some tears coming up from the sadness due to the longing and separation from God.

In the more advanced stages it's also the way that you open up the very deep layers of the emotional body that I talked about before around the nervous system, thus allowing the presence of God to begin to enter you and fill you. The power and energy of God moves through your nervous system, as I said, and in the advanced stages of this emotional release that actually allows His entry, there's great crying and longing of the soul and there's great amount of screaming. There's fear to be faced and terror to be faced that don't even have an issue connected. There's pain just from the longing for God. So there's screaming and crying in the advanced stages that's very very deep. Many parts of your opening of the being go on in part one of the GMP.

And you have to begin to do this part regularly and as your connection deepens, this part, part one, will become very rich as God begins to touch your soul and enter your being. And once you touch Him just a little bit, your longing knows no end. And His coming in your depth of longing is everything to you. And it's at this point that you truly begin to let go of the many petty issues that were causing your emotional release before and you start to strive for fulfillment in the Lord and His will.

That's how true healing and true release and true letting go occurs is to eventually come to surrender your existence to God, to your spiritual quest and to your service to His will, thy will be done. At that point part one takes on a whole new meaning. In any matter, either materially or spiritually, wanting God or not wanting God, without using part one you cannot access a truly calm state and then think for solutions. So you have to keep remembering that, no matter if you want God, you don't want God, you want freedom, you don't want freedom, you're just working on your material life, you're working on your spiritual life. You can't even live in a good consciousness without a calm state, an open calm state where you can access your intelligence so that you can think. Remember that. Just to live your life, you've got to do it, part one, you've got to release so you can calm down and think. And in that state is, you see, God is where consciousness and intelligence originates. He is your source of everything.

So to calm down in an open state puts you in touch with where consciousness and intelligence originates, and that's what you want to do in your life. You want to use part one of the GMP, emotional releasing, as a way to release as quickly as possible. Leave the trigger behind, whatever triggered you to feel. Leave the trigger behind. Leave the issue and the mind's picture of why you think you are crying or releasing the anger or hatred, and go to the deeper part of your being that is really in pain and crying. And that is the part of you that is knowing that all of the issues of life go on and on and on and on and on and it keeps going on and on. But if your soul can unite again with the Lord deep within with the truth or with the love deep within, with the connection deep within and find its way, then somehow you know you'll be okay.

So you want to get into part one and as soon as possible when you're open and crying and moving or if there's anger or whatever, you want to leave the issue and just go through the feeling, just let the emotion come. Go deep with it. It's through this deep crying and prayer with the consciousness of letting go of all blames and

issues and allowing it all to be burned up in the fire of God's light that you begin your spiritual movement towards His presence within or towards a truly connected state.

If you don't want to focus on His presence within, if you're just using this meditation to just release, you need to find a way to hold this in your mind. But it's through the deep crying and prayer with a consciousness of letting go, that's important, the consciousness of letting go of all blame and issues and allowing it to be burned up in the fire of God's light that you begin your true opening. If you remain stuck in issues or external triggers such as someone did this to me and I'm sad, hurt and mad and I blame them, you will not access the depth necessary in the emotional body to allow the presence of God to enter, which is the only way out for the suffering soul is to be filled with the presence of God.

So if you stay stuck in part one in the releasing and you stay trapped in the issue and the triggers, the external triggers, and you keep blaming, someone did this to me and I'm sad and I'm hurt and I'm mad and da da da da da, all of that, you're going to miss the access to the depth that you need to go to in the emotional body where you leave all the issues behind and just feel the depth of despair and hopelessness. And pray so that you can be filled, so that you can be healed, and healing can only happen by being filled by the presence of God.

The emotional body in the beginning just needs to open, however that occurs, even if it's based on an issue, just the most trivial of issues. The important thing in the beginning for part one is just to get the emotional body to start opening and releasing. But know that eventually you have to let go of all the issues and travel deeper within to the real issue, and that's the separation from God, your constant loneliness and despair and unfulfilled desire, which only God can fulfill.

In order to properly succeed with parts two, three and four of the GMP, your emotional body must be open and not in a state of repression or denial. Often the emotional release has no content, and that's a good place to come to that you're just releasing and there's no content. To really access a calm state in part two the emotions and the feelings must just release, release and release and release deeper and deeper and deeper until you come to a depth where you just can calm down and be in an open, prayerful state to begin to then enter part three, which if you've forgotten what part three is, it's about thinking with your intelligence.

If you meditate and you don't have an open being, but you're sitting on top of repression, denial, anger, and not ever releasing, you will not be calming in an open state. So if you're calming down but underneath you're just like a volcano ready to explode, that's not a truly open, calm state. You'll be calming a repressed state of being which cannot bring you the truth within that your heart and soul needs to hear.

So to use the GMP properly, one needs to be able to release the pressure cooker of the emotional body and gradually go deeper and deeper into opening the emotional body into the core longing for God for true healing in God, which does not negate pain, but it rather gives you a way to open to His presence. And His presence will just help you to calm so that you can access your intelligence and your intuition. But it takes something. You need to go pretty deep. Don't stop prematurely in the opening of your emotions. You know, really go deep enough to be in an open, receptive state, connected and open.

For many people in the world the emotional body is already opening. It's already opening up. And you can move with it and try to hear what I've said in how to open deeper and move toward God's presence. A lot of people are already opening, but they don't understand the depth that they have to go to and they're trying to just fix

everything, where you really need to hit a deep level to where God's presence starts to get in there and you give up the issues, the triggers, the pettiness.

And for others in the world the emotional body is not yet opening and the safety for that occurrence hasn't been found yet for that to occur. There's many workshops and processes in the world geared toward opening up the emotional body and you might find that a few of these workshops can help you to begin. One key that's missing in most of the emotional release workshops and the cathartic process is, is, it's not understood how to go beyond the issue and the mind's picture and access and tap into the longing for God, and that's essential, that's essential to get there. But there's workshops that can help you to begin to open the emotional body. Don't stay hung up in trying to feel all of your pains. Go for depth. Go for truth. And use the emotional body to open deeper and deeper to connect back to the source, not to try to heal everything. That won't happen.

What eventually happens is a letting go, a giving up of illusions and attachments that cause your suffering and that prohibit you from surrendering to God. Eventually you have to let go and give up and surrender. And nobody can stand to face that it's as simple as that, let go, give up, surrender. But it is, and it hurts. Love hurts.

So to find a way to access the opening of your emotional body and through that opening begin deep prayer to God for help and keep opening deeper with a total willingness to let go and not hang on to all of your issues and stories. That's how God can help you. If you open to Him, if you open in your depth and you simultaneously are willing to let go, if you can't find the safety to open the emotional body and face your depth and you don't know how to go within to this depth, the Miracle of Love Intensive is specifically geared toward assisting your opening up and prayerfully beginning your journey forward toward truth, toward love and, for those of you searching, toward ultimate freedom.

The Miracle of Love Intensive actually teaches the beginnings of the GMP and how to use it. As you're able to open up and release deeply, you will be able to calm more. You will. As you open up and release deeply, you will be able to calm down your being more and thus gain greater control over your being and in that access greater intelligence so that you can see to all areas of your life properly because you'll be open to hearing from within and willing to take proper action for the results in your life, spiritually and materially. If you don't open and release the emotional body and connect in calmness to truth in an open, prayerful state, you're going to find yourself that you'll make constant decisions in your life based on illusion and illusions that are based on fear, pain, anger, resentment, blame, guilt, shame, on and on. If you don't open and release the emotional body, you are going to make decisions in your life based on fear, pain, anger, resentment, blame, guilt, shame and on and on and on. You can't improve the quality of your life in truth if your heart, soul and being are not open. If you move forward in a repressed state in any way, you cannot hear the truth from within and you will be controlled by your illusion and the illusion around you in life.

So part one is you must learn the proper usage of emotional release and God and that takes practice and sincerity and a desire to find truth, truth for the soul and truth for the next best step for you in your life, both materially and spiritually. You have to learn part one, the proper usage of emotional release and God. Don't do it without God or, if you don't like the word God, find a word that you know what I'm talking about. Without part one you won't access your heart's deepest opening and your ability to allow God's entry and you won't be able to truly calm down and be open. You won't be able to hear your intelligence, your intuition won't be clear. It will be clouded by illusion. And illusion is a word that I use, like fear, pain, anger, resentment, blame, guilt, shame, all of that, comes from illusion. It's not true and you're bound by it.

So part one will help you to clear that out. So learn and practice part one so you're not clouded by the illusion so much. Prayer a most important tool to help you to open up in part one, prayer. Prayer. True prayer. Not prayer to something outside, but deep inside you pray. Deep inside.