

How to Practice Part One

Spoken by Kalindi

GMP Series, Talk 4

It's Kalindi again. Welcome to Tape Four -- How to Practice Part One. And by now you should have listened to tape three, two times. And at this point I want to let you know that it's not a bad idea for you when you're listening to it the second time around to have a note pad with you and maybe make a few notes. You may like to do that. The tapes actually need to be listened to so many times over and over again. As you go deeper you'll understand what I'm talking about on a whole other level. Practically every week you'll understand it differently.

So this is how to practice part one. To enter a meditation in part one, to release the emotional body, you should have the following items: one sleeping pillow with a pillow case that's fairly soft and flat and maybe a little bit fluffy so you can squish it if you need to; one bath towel, and that can be used for various things which you'll come to see; one thing is you can lay on the floor on that bath towel; and one hand towel which will come in handy for screaming purposes so that your vocal chords aren't effected; and one box of Kleenex. That's for part one.

Another thing that you'll want to bring to meditation and have near you is a notebook and pen or pencil for if you enter into part two and three so if you need to take notes you can take notes about your realizations.

So, your bath towel can also be used when you're very angry. You can twist it up and fold it up and then you can hit the floor with it and get some of your anger out and it can be useful for that. So there's a lot of purposes for these bath towels. The pillow is for your head and it's also to scream into and muffle your screaming. You want to save your vocal chords. And you want to scream from a depth inside, not from your throat. So the towel and the pillow will help you to do that.

You'll need a variety of music from tear jerking sad songs, really sad songs, "Where Do Broken Hearts Go," "Desperado," sad songs, very sad songs. You want a variety of sad songs that will begin to open you up. And you'll want some heartfelt love songs because that will also help your heart to break open. You'll also want to have some heavy metal music because as the emotions start opening and you go deeper, it gets very intense, and the heavy metal music helps you to just catapult yourself into even a deeper place. And maybe some heavy rock that's not like dancing music, but like heavy rock so that you can move your emotions really heavily. The music really helps. Sometimes you need it, sometimes you don't. But most of the time you want some kind of music going on.

You'll also want some deep music. I call deep music would be what I like to call church music, but that's just what I call it. And that's music that has a very God spiritual feeling to it, not the new age meditative type of calmness, although you'll want that too for some different types of parts of your meditating work in the calming part. But you'll want deep music in part one that's of a very prayerful feeling. And when I say church music I'm speaking more of like Renaissance masterpiece. There's one song called "Palestrina," there's Gregorian chants, that type of deep music is very good for part one when you're just in very deep prayer and longing and crying.

So sometimes you want sad songs and words that evoke these feelings in you that have words, and then sometimes you just want deep, also like the theme song from "Braveheart" just evokes a very deep feeling of the longing of the soul for freedom. We have some music, a particular song called "God's Longing" that's by Deb Musgrave and is available through the Miracle of Love. That's a good song to just invoke a deep depth that's what I would call like a church music type of monk feeling.

There's also more intense deep music which is like "Passion" by Peter Gabriel or "The Mission," the soundtrack of the movie "The Mission." And then you've got other kinds of meditation music that pulls you home that doesn't put you in a sleepy state, but that kind of pulls you home, like "Fairy Ring" is very good, and we have a tape called "Home" and a tape called "True Realm" by Deb Musgrave that's available through Miracle of Love.

But you're going to have to go in search of all different types of music. You go through different things in part one, different types of emotional release, and sometimes you need sad songs, sometimes you need heartfelt, sometimes heavy metal, sometimes heavy rock, sometimes church music, sometimes softer music. So, you need to get your music collection.

And then when you're calming you want to find out what kind of music best facilitates calming without putting you to sleep Like "Miracles" is a good tape for that, "Miracles," because it's got a calming effect, but it doesn't put you to sleep, nor does it throw you into some cosmic meditative blissland. You want to come into a calm state where you can think, not where you're entering into airy fairy blissland.

So you want to be very picky with the music that you pick. If you have sadness, loneliness, pain and despair, you want to use music conducive to taking you deeper into that direction. You want to go into the sadness, loneliness, pain and despair. So you all know different songs that trigger these feelings in you. You want to make a collection of music for yourself that you can meditate with. But you want music that makes you feel sad, makes you feel lonely, makes you feel pain and despair, and then get on the floor and go into part one using that music.

And then if you're just in a prayerful state, then you can put on these other things, "Adagio," "Gregorian Chants," "Palestrina," "God's Longing," like that. If you have an intensity going on where you're screaming and there's fear and there's anger and

you're moving and you're just like moving, you don't even know what you're moving through, and it's very intense, you may want very intense music playing to match the feelings in you that are trying to release. So you want to gather your music selection and set it up in a way so that it can just play and you don't have to get up and down to change the music. You don't want to get up every song and change every song cause you want to be meditating for a good amount of time, so you don't want to have to constantly be changing the music.

So use your intelligence to figure out how to gather music together so that it can play one after the other in the way that you need it. When you're in part one you'll need all of your focus in part one and no distractions once you begin your session of part one, so you don't want to be having to change music. So get your music figured out.

Once you have all the items that you need, then you situate yourself in a place where you will be undisturbed for a period of time and where you won't disturb anyone else. Tell the people around you not to worry if they hear you cry or scream and that you're simply releasing your emotions so that you can calm down and open up and meditate and it's just a process that you're going through so no matter how deep you go they know that you're safe. It's best to be in a room alone or where others are doing the same type of work. You can also sit in your car in a safe parked place and put your music on and release in your car if in your house you find no privacy or don't feel the support to do this. But it's nice if you have the ability to have a little corner. It can even be inside of a closet. If you have a little corner that you can put some, like a devotional area of pictures that remind you to go within or whatever, a devotional corner where you have your music and a few pictures and a candle and some pillows and where it's very private for you so that you can do this most deep work. So you need to find a place to do it, a safe place. And as you go deeper you need to find friends and support buddies that will help you as you go deeper and deeper.

So you begin by sitting up in a prayerful state of openness with the desire to release and to go deep into that releasing, whether it's just deep prayer or whether there's an outward release. You can sit on your bath towel on the floor or you can sit on your bed, but the floor has proven to be the best place to do the GMP. Once you get moving and your body gets moving and everything gets moving, the bed is a place that you could possibly fall off of, so to be on the floor and have some pillows around you and no sharp edges that you could bump your head into so that you can just really lay there and let go once it starts going is the best thing.

So you can sit on your bath towel to begin with or on your bed if you like. If you can't sit on the floor because of a bodily problem or ailment, you can use a chair to sit in. The reason it's good to be on the floor is because at some point you'll probably lay down and need room to let your body also move as you release. So you can start by sitting in a chair until you go so deep that you fall onto the floor and then you just lay down with your pillow and your Kleenex box and just go. So if you can't start by sitting on the floor you can start by sitting on the bed or sitting on a chair, but eventually you'll end up on the floor just doing the work pretty deeply.

And you'll find that you'll need all these things, your towel, your little towel, your big towel, your Kleenex box, your pillow, your squishy pillow. Be patient with yourself and don't judge yourself. As you sit with music playing, slowly allow your feelings and emotions to surface and let them keep coming up and releasing and keep praying, and if you need to lay down because you're crying so much, lay your head on your pillow and continue to release. If you begin to start screaming because it gets so intense, use your hand towel to cover your mouth and your throat very tightly, not your nose because you need to breathe, but your mouth and your throat cause that will muffle the scream and help your vocal chords, as I said earlier, as you're screaming. And it's quite intense at times when you scream from your depth. So use your screaming towel to save your vocal chords. And you may be screaming

for years in order to get to the core of your being to where God can truly enter you and His presence can get in and true healing can occur.

There's going to be some terror that you go screaming through too that happen in the deeper stages of part one. Use your Kleenex, of course, for your tears and your nose. And if you feel intense anger, you can sit up and you can hit your pillow with an open hand or use your pillow or your big towel to hit the floor repeatedly until your anger releases and you can come into the deeper feelings of pain that are underneath the anger. Once you do that then you can fall into the deeper cry, and once the deeper cry happens, then you're on your way into an open state. So you've got to get the anger to move and the resentments to move so you can hit the true cry within.

So that's the basic practical setup for part one of the GMP, and as you practice you'll learn what ways work best for you. Everyone may find little ways that work better, but in general, it's just hit the floor, get your pillow, grab your Kleenex box, get your towel, scream, cry, let go. One thing that always holds true is that you do this meditation in a safe place and you never unleash your emotions onto another person. Never. It's all done within you and God helping you as you face deeper and deeper layers of release.

And I may mention this later again, but as I'm saying right now, never to release, unleash your emotions on others. It's after you go within and release it all inside of yourself. Then if there's something that you want to talk to someone about in a clear and calm state without blame and resentment, then you can have a very good conversation with this person and hopefully get some light and truth, rather than just people bashing each other with all of their repressed feelings. So better to work it out inside of yourself until you come into a calm, clear state. It all goes very very deep, even once you have no more surface issues. I've talked about this already, I'll talk about it more in the other tapes, but very very deep. Once there's no more

surface issues, nobody to blame, then you really go deep because you enter your core feelings and emotions and the core of your being is very intense and everybody's hiding from hitting that core.

Sometimes you may need to release for one or two hours at a time and sometimes you may just need 10 or 15 minutes just to get the edge off. You may find as you get going with this meditation that you need to release one time in the morning before you begin your day so that your day can be calm and then you may need to go to your car on a coffee break during your work day and release for five minutes. And for some people they need also have a period at night where they release. There's so much that needs to be released and opened up in the being.

You business people and housewives, mothers and working men that are agitated, you know. Put your music on in your car on your way home and scream in your car. Put your hands on the steering wheel and keep your eyes forward, but, you know, get some of this out before you go home and put it on your families and your children. Same thing with wives and mates and get some of it out. Don't put it on your kids. Lay down and scream about it until you're calm and can get up and function from a calm state.

And later in this series I'll explain how to go into parts two and three after releasing and opening your being and where part four fits in, although as I said earlier, part four is constantly going on because you're constantly in action. But there's another kind of action that comes to you based on what you hear from within and what you need to do next. I wanted at this point to give you the basic set-up for the emotional release part of the GMP and how that will look in your life. You do it in a safe, controlled atmosphere without disturbing people that don't understand what you're doing. Don't expect them to understand it. Don't expect that people will understand what you're doing. Maybe you have some friends that will understand and maybe

when you start going deeper and deeper they may get scared and then not understand.

So you need to have a space where you are not disturbing people that don't understand what you're doing. And also, you can just be in one spot on the floor to do this work. And sometimes your body wants to move also because the emotional body also is held within the physical body and it needs to move and release so the energy can start to move in your being. And if that's the case, put yourself in a position on the floor where your body is safe. It doesn't have to be a really big space, but where there's pillows around you and where you're staying away from furniture or walls so you don't hurt your body or if there is a corner or something where you could hit your head if your head swings to the side when you crying that you don't bang your head. So be aware. You don't need to like be flailing all over the floor. You can be in a pretty small space and then just put pillows up in any place where you, because as you go deeper you want to kind of let go of having to worry about bumping your head on something as you're crying and releasing. And at the same time you need to know that while this is happening, you're very conscious. You're not like out of your mind insane. You're very conscious while you're releasing, so you know the parameters that you're in. But put pillows and make a safe situation so your body is safe to let go. And you'll understand more as you begin to actually practice and continue the use of the GMP.

So that's the basic layout of practically what you need to set up for yourself for part one. And then it's in that same space that you can sit up and calm down and think also. So I've told you the materials that you need, the music that you need, and you'll even come up with more as you get deeper in there of what you need in order to succeed with this. Okay, so the next thing is we're going to be on to tape number five after you listen to tape number four two times. And I'll tell you the name of tape number five when we get there.