

Part Two – Calming
Spoken by Kalindi
GMP Series, Tape 7

Welcome to Tape Number Seven, Part Two of the GMP, "Calming". You can call me your friendly flight attendant, trying to let you know, " Hang on, the ride might be a little bumpy." Or you can look at me as a travel agent trying to prepare you and give you some guidance, some tools that you might need while you go on this inner journey. So here we go, Part Two of the GMP, "Calming".

So before entering Part Three of the GMP, which is as you know by now, thinking, you must be, guess, I've said it so many times, very calm and in an open, receptive, prayerful state. After releasing the emotional body, if you go deep enough you'll fall into a space where you naturally start to come into calming down. And after a releasing session, no matter how long, even if it's fifteen minutes, one hour, two hours, it takes about twenty minutes to allow your open calm state to really take hold. So you want to allow about twenty minutes of just stillness and don't worry if there's thoughts in your mind. You just want to worry about letting yourself just calm down.

And the way to do Part Two is to just sit and sit up, not lay down, because if you lay down you'll fall asleep, and this meditation is about a lot of alertness, not sleepiness. So the way to do Part Two is to sit up. You may have been laying down while you were crying, but you need to sit up for Part Two and calm down. Just calm down and let everything kind of be washed off of you that you just went through. And it should happen pretty naturally. And you want to just like get a grip, you know, just get a grip, like somehow maybe there's an emergency and you just have to be very calm and centered in order to think properly. So just calm down and let your thoughts float by. Let your emotions and your senses become very still and take the time necessary for that to happen, either after a releasing session or if

you just want to sit down and think, you need to take time to calm down before you can think.

So you have to enter a calm, collected state of consciousness before you can think. So you may not need a releasing session. You may need to just calm down so you can think. And then when you try to calm down, you may find out that you can't calm down in order to think, and then you'll understand that you've got emotions to release in order to calm down. And this is something that you'll see as you start to practice. But in order to think you have to be open and calm. If your emotions are released and if you're open, then you can just sit quietly for maybe twenty or thirty minutes, perhaps with some quiet music that evokes no emotion and that doesn't cause you to go into like a dreamy, sleepy, blissful state of meditation. You want to be in a very alert, calm state.

To calm down means just that, you're not striving for a spiritual experience and nor are you striving to stop all your thoughts. You just want to become still and calm and undisturbed as much as possible, even while there may be many thoughts racing in your mind. Just be still and keep going deeper into a prayerful quietness, openness, with no expectation, just a quiet, calm state.

At a certain point you'll feel that you're calm, and when you can actually feel that, then you can naturally start entering into Part Three, which is to focus on one subject and think about that one subject in a calm, alert, receptive state and start to access your intelligence. So you want to focus on one subject, not have ten random subjects going on. You want to think about one thing per session. And think it through and look for answers. One subject. And if your mind strays off and you start to daydream, you want to bring yourself back to the one subject that is most essential for you to find answers for.

Sometimes you may think that you're already calm and when you sit down to start

to think, you actually start to feel restlessness and agitation, and then at that point you're going to know that you have to release because you're not truly calm. And when you are calm, you can think about one subject and not be disturbed from your depth as you're in the process of thinking. When you're truly calm, nothing will disturb you off of thinking about this one subject, very pinpointed thinking, broad thinking, but pinpointed to the one subject. But if you're not calm you won't be able to do it. When you're calm, your body can feel that calmness and your mind and your senses aren't disturbing you. You're just focused for "x" amount of time, however long a time span that you choose your meditation to be, but you are focused and not disturbed.

So to keep it simple to do Part Two, just sit, be calm, be open, and keep becoming calmer until you can in a receptive, prayerful state go about your daily functioning or enter into your thinking part of the GMP if you're in a full meditation session. For instance, you may just be doing the calming part of the meditation during some part of the day just to calm down for twenty minutes, not necessarily to go into a thinking session. So after you're calming you just need be ready to get up and go into your daily functioning. And if you're doing a full meditation with all the parts, then you may want to go from calming to thinking or, you may go from calming to emotional release, and I'll talk about that later, how you go in and out of all the parts. You should always be able to calm down, always. And if you can't, you need to do more of Part One of the GMP more frequently.

Eventually you should be able to calm down and not be living in an agitated state or a repressed state. It's not possible for you to learn any part of this meditation without practicing all of the parts. And you learn each part by first doing Part One, then Part Two, then Part Three, in that order for a period of time, perhaps a few months, until you can feel what it feels like to use all parts of the practice. And you're also able to do Part Four, which is action, and see the wonderful results in your life and well-being.

So to begin to learn the meditation, what I'm saying is that you first do it in the order of do Part One first and then do Part Two and then do Part Three and then Part Four will follow. So just because they're called Part One, Part Two, Part Three, Part Four doesn't mean that you're always going to be doing them in that order. But to learn them, to learn each part, you need to practice in that order.

Once you feel your way through all of the parts and can use them and understand them a little bit more, then you can use them in any order, in any order and then all throughout the day even as you're working. So you've got to go through a process that takes a while to just learn all of the parts.

So like in a session you would do Part One for like an hour, or however long it lasts, and then you would calm for twenty minutes, and then you would think for a half an hour, or you can do shorter times. And eventually you learn to meditate for three hours at a time, couple times a week, but it takes time to get to that, and some people will jump right in.

But you need to do Part One, followed by Part Two, followed by Part Three, followed by Part Four. And you'll see incredible results right away in your life. And once you can do that, you'll see that you'll start to be able to gain a greater control of your being. And you'll know, you'll start to know when you need to calm down, when you need to release and open up, and when you need to seriously think. Once you learn all the parts, you'll know what part of the meditation you need to enter into when you're meditating. You'll know and God will pull you. Your focused meditation time, where you really give time for that seed to be watered, just between you and God, at least two times weekly is necessary for you to have that time. And it's a time where you're not distracted in any way in order that you can keep releasing and opening and deepening your connection to God, practice being calm, think, and be in touch with your life and look at the details of your life.

So you want to create at least two times a week where you have a focused period to meditate. I suggest eventually that it's three hours. And in the beginning you release, Part One, then you calm, then you think, until you learn the parts. And if you can't meditate that long you can even have just an hour meditation two times a week and break it up, maybe a half an hour of releasing, fifteen minutes of calming, fifteen minutes of thinking. But the main thing is if you can start to do it two times a week where you're undisturbed so that you can get in touch with that you are going to meditate two times a week. And then you'll gradually see the effects of the GMP and how they overflow into your daily life naturally and how you start to use the different parts just as your life is unfolding day by day.

So to sum up Part Two, which is calming down, you simply must begin to practice it, and you'll come to directly experience what a calm state of being is. It takes much practice to really understand what a calm state is. You have to have desire in order to succeed. You have to practice, practice, practice like you're going to enter the Olympics in order to really learn this meditation and be benefited by the gift that it is. And it is a treasure. It's also good, aside from the two times a week regularly, that every day you meditate a little bit, even if it's just a half an hour of calming or a mixture of all three parts before you go into the action for your day. Like, you know, maybe you're just crying or screaming or releasing or dancing or moving or doing something to release your emotions for like ten minutes, and then you're calm for ten minutes, and then you think for ten minutes, and then you get up and go about your day.

So it's good if you could actually devote a half an hour a day to meditation, maybe in the morning at the beginning of your day or even at the end of your day. But at any rate, practice calming down your being and see how it feels. Get in tune with an open, calm state and strive for that, and learn it through practice. It's calm and it's simultaneously alert. It's not sleepy. To be calm is not in any way a sleepy or dreamy meditative state. It's just what it says, calm, very calm, alert, focused, and

in a prayerful depth of open receptivity. You don't have any weird look in your eyes, you're not tripped off, you're just here, calm and alert, through control of your mind, your senses and your emotions, not repression, but control, meaning full power to direct and regulate your mind, senses and emotions. You will, you'll see, you'll achieve a better sense of well-being and access, you'll be able to access necessary, vital information.

Old wounds will heal and you'll deepen your connection with God and your love of God, yourself and for each other. You'll learn to love people as God does. And you'll learn to love yourself as God loves you. And it won't be some trip. I don't know what other word to use, but none of this is about going into any kind of a trip. It's all very, very real. It's very, very real and very conscious. It's not a trip. It's not some kind of enlightenment trip or blissed out trip or any kind of trip. It is the realest, most real state of consciousness that you can exist in as a human being.

And to be able to access a calm state of being you'll be able to gain all of the benefits of Part One, releasing and opening, and Part Three, thinking, and Part Four, action. And your overall life will be more peaceful, despite the hardships that will always come your way. Practice being calm in a prayerful state at least fifteen minutes a day, and from there you'll know if you need to open your being more to release or if you need to think about a certain specific area of your life. Don't be lazy in your life. Don't be complacent. Wake up. Strive to achieve a truly calm state. And again, all four parts of the GMP are necessary for this to occur. You see, if you're not even in the proper action that you should be doing, you're going to be in an agitated state or a denied state, which is not going to allow you to be in a calm state, which is not going to allow you to think. So without all four parts of the GMP, you can't do any of it. And it's everything to have clarity, peace and love in your daily life, along with smooth sailing, as smooth as possible through the many obstacles that will come your way.

To be calm is the key to your success. Even when you feel like a volcano ready to erupt, you can be calm and courteous to all people you meet. And as soon as possible when you have a chance, do your meditation work in Part One to release the erupting volcano, and then you'll see, calmness will return. And don't be afraid to go into Part One and release, even if it feels like a volcano. Just scream into your pillow and do it until it's released enough where the calmness returns. And I also want to tell you at this time, in case you're not thinking, don't go into Part One in public places. People don't understand that depth of work. Do it in your private, safe meditation place. And if you were practicing the GMP, the thinking part of the GMP would tell you that, not to go out in public and start screaming because you have to release. So do everything in your safe environment.