

## **Part Three – Thinking**

**Spoken by Kalindi**

**GMP Series, Talk 8**

We're now entering into Tape Number Eight, which is Part Three of the GMP, "Thinking". This particular talk is a little longer than any of the others, so you may have to listen to this talk maybe three times. There's a lot of information on this tape. So for Part Three, "Thinking", when you enter into thinking to seriously find the accurate answers and solutions, whether it's a material life situation or a direct spiritual question about your spiritual growth or a possible question about a material life matter that the answer to will have ramifications on your spiritual endeavor and advancement, you must, must, have to be, calm, open and prayerfully receptive. Your emotions must be released so that your being is entirely calm and open. Your senses must be under control so that you're not pulled out of this state of meditative thinking.

For instance, your desire to leave your meditation session to perhaps go make love or to go talk to someone or to go to sleep or to go to eat or to look around in your restlessness as you sit, just look around and wonder what's going on all around you. All of that that comes from the senses has to be calmed down. You have to give uninterrupted time to meditation. Your mind must be under control, meaning that you've calmed your emotions enough through release and opening of your being that you've released all or a lot of the surface interference that would cause your mind to be scattered or fearful or angry, blaming others, in a resentful mood, unworthy, feelings of despair and loneliness.

All these feelings and emotions, if they're not being worked on and released to the degree that you can access a calm state where your mind, senses and emotions are in check and calm, then you won't be in the consciousness where you can in an open, prayerful, objective state, sit and access your intelligence. To calm everything down

doesn't mean it's going to all go away, all of your feelings, they don't all go away, all of your emotions. They don't go away. You just release enough so that you're open and ready to become calm and enter Part Three, thinking.

So, to begin thinking seriously about any matter, materially or spiritually, you must be calm. Your mind may have thoughts that go on, but you can just let the thoughts float by and don't engage with all of the thoughts that are passing and floating by. Don't make the mistake of trying to stop your mind from having its passing thoughts. Just let the thoughts be there and let them pass by. And don't be sidetracked by the thoughts. A thousand thoughts may pass through your mind as you're thinking about one very specific area and question in your life that is most urgently needing to be addressed next.

And in your thinking process of Part Three, you need to keep returning your focus to the one area or one question or one subject that you're focused on. Stay focused on the one subject that you're searching for answers about. In a calm, open and prayerful, receptive state, you enter Part Three, the thinking part. And you choose only one issue. This is very important. You choose only one issue or area of your life that you need help in, that you know you need to find accurate answers, accurate answers to, something that you need to find very accurate answers to for the ability to move forward in the way that is to your greatest benefit.

In the beginning months of practicing the GMP, it might be difficult in the thinking area to stay calm, alert and to remain focused on the one area or question being contemplated. But, nevertheless, you have to keep returning your full awareness and consciousness towards that one area of your questioning. It's important that you only work on one question at a time until you're clear on the solution to the problem and know what action you need to take. And then, of course, you have to take the action. Once you identify the action to best solve the problem or circumstance, it may not be a problem, it just may be something that you need

answers to. But once you identify the action to take to best solve the problem, then you'll need to think more about the solution and all of the details surrounding that solution and all of the ramifications that will happen as the result of your taking that action.

So when it's time to implement whatever action is necessary, you're very well prepared for any obstacle that comes your way as you proceed to take the proper action. You're very prepared to follow through with that action.

There's a lot to think about, even with one simple question, such as a very basic material question. Let's say my car isn't doing well and it feels as if I may need to purchase a new car. Now that may seem like not such a big deal, but if you're to solve this problem in the best way, you'll want to take several thinking sessions so the end result is that you have a fine running car for your use and needs over the years. Questions that may arise are, first, "Can I get my car fixed so it does run well?" And then you have to think about that. And perhaps search and find out. "Is it too far gone, perhaps, and not worth fixing?" You need to look deeply at the situation with your intelligence, not your mind. Your intelligence will very objectively, like a computer, give you the information you need. It may tell you, you won't know if you need a new car unless you first see the mechanic. Check the problem out with your car and see if it's worth fixing. See, your intelligence will tell you something like that. And then, once you know for certain that the most feasible thing to do is buy a new car, then you have to go about asking all of the questions in that area, questions such as: "Do I want and can I afford a brand new car? Is a used car a better option? What kind of car do I want? How do I know how to get the best, most efficient car to meet my needs? And what do I actually need? How do I know what a good car is? If I buy a used car, what's the best way to do that?"

The questions go on and on. And some of the questions you'll find answers to and some the answer that your intelligence will bring forth is for you to talk to someone

that you can trust or has been recommended to you that knows about this area of cars very well. And then you can do some question asking with that person. This is called seeking external guidance about an area of your life in which you're making a major decision that will affect years of your life. And if you can speak to an expert, you can find outside input and knowledge to help you very much. Then you can take that external guidance back into your thinking session and with all of the information you've collected, with all of it that you've collected, then you begin to ask within again.

But now you've collected some important data externally that will assist your intelligence at looking at the overall situation. And in the end you'll know what kind of car to look for, how much you can afford to pay, how you will be able to pay, what you're getting yourself into with your new car, and what you should do with your old car. So you see, your intelligence will help you cover all areas of this one seemingly simple decision so that it's handled in the best way.

In most people in the world there's not nearly enough thought going on about major decisions, or minor decisions, to the extent of what's necessary in order for their life to run smoothly and in accordance with their true needs and desires. Let me say that to you again. Your intelligence will help you cover all areas of even the simplest thing so that it can be handled in the best way. And in most people in the world, there is not nearly enough thought going on about major decisions or minor decisions in order for life to run in a smooth and simple and with the least amount of disturbance possible. There's not enough thought, not nearly enough thought. And I may say this again as I continue this talk, but at this point I want to say it. One of the main reasons there's not thought going on is simply because people are too lazy to take the time to think things through. So in the long run, things don't go smoothly.

So buying a car is just an easy area to begin to talk to you about the area of thinking, Part Three. It's, it's basic. It's a material question. And you'll be surprised what your intelligence will do to assist you in best solving this area of your life, a car. And remember now, your intelligence is not your mind. Your mind simply rambles on. For instance, your mind may be in total fear because you can't afford a new car. And the result of that is that you become no longer calm while you're in fear. You become frozen in fear and emotional in that fear and no longer can you access your intelligence that can give you solutions even to your money dilemma because you're not calm. It's your intelligence you're going in search of accessing through Part Three. Approaching your intelligence in a calm state, an open state, and a receptive and somewhat prayerful state.

When you're thinking, doing Part Three, it's important, essential actually, not just important, unless you have some type of severe bodily problem, but it's very important that you are sitting up and not lying down. You can sit on the floor or you can sit in a chair, whatever is the most conducive as to not have your body be disturbed and then distract your focus. You want to be comfortable while you're sitting up. The way you can picture your thinking process is that you are for the period of Part Three in the mode of a business executive of a company. And though you're in a prayerful state and a calm state, which if you're a top executive you've got to somehow, if you're a successful executive, you've got to be able to be calm and access intelligence. So you want to picture yourself just as a business executive of a company. And you're thinking as a top quality executive that has to find very accurate decisions for the company's well-being and success.

So similarly, you have to learn to calmly and objectively look at any area of your life like that and make accurate decisions to best forward your life, be it material matters or spiritual matters, or both. Be aware, and focus while you're thinking, on the one thing. Do not daydream. Think with intensity, focus and sincerity. Think in a way that your intelligence will kick in and talk to you. For someone seeking

ultimate freedom, it becomes so essential to develop your thinking skills with your intelligence coming into play constantly so that you can always make the right decisions in your material life that will be conducive to your spiritual endeavor. And throughout life you'll always be having to reassess situations, constantly, and put changes in place on the material side of your life so as to be able to keep up with your rapid spiritual evolution, your rapid advancement and changes that will go on.

So, 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. If you desire to fully return to union with God, you must access the greatest intelligence. You not only have your material life to see to, but you will encounter very deep spiritual matters of the soul and of the ego death as you venture deeper. And your intelligence, not your mind, your intelligence, must be in play in order to help you to accurately move forward. You must become very conscious and very mindful even of little details, very conscious and very mindful even of little details. It's sometimes the littlest details that need to be seen to that will have the greatest impact on the bigger situation. And by conscious and mindful I don't mean mind fucking, for lack of a better word. Don't get trapped by your mind. And I'll talk about this more later, but your mind has to become your best friend. It has to become a tool of your intelligence, working with your intelligence.

Everything is within, all answers and God's assistance are within as you go deeper and deeper into every part of the meditation. Even in Part Four, which is action, you'll see God's hand helping you as you go forward in the way in which you've found within, the accurate way that you've found to go forward. With every step your intelligence, your intuition and God walks with you, once you're conscious and aware. You can't always trust your heart or intuition until you're freed up of a lot of the fears that control your heart and intuition, and there's a lot of fear. And even when your fears aren't stopping you or hindering you or binding you so much, you're

still going to need to use your intelligence. The heart's feeling and the intuition still need access of the intelligence on this earthly plane in order to have your life be in the best order with the least amount of chaos.

Just life itself is one obstacle after the other. And when you add the component of breaking free and returning to God, self realization, True Self manifestation, the obstacles you run across are even greater. So the ability to think clearly and calmly must be achieved. You have to practice this with discipline and diligence to calm down. And always access your highest intelligence before making decisions in your life. Look from every angle at each situation before acting or before reacting to situations that come your way. When searching for an answer to a certain question when using Part Three, think and return your thinking to the one thing that you're needing to find the answer to next. Your mind and your restlessness will try to pull you constantly away from your focused attention on the one area in that session. So you want to really stay focused. Keep bringing your focus back to this one area. Even with focusing on one area or asking questions about one area, you'll be dealing with a lot of information in response to that one area.

So it's important to stick to one area and deal with the information and the further questioning in one area at a time until you've found your answer clearly and you feel some resolve in that area so that you can go forward. You've got to stick to the one area. I know it's hard to do, but to get the proper answers you've got to just stick to the one area until the opening comes and you find the truth.