

## **Path to Ultimate Freedom Offerings**

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### **Attend Public Events**

- Intro Nights
- Friday Night social events
  - Just Dance
  - Bistro Nights
  - 2nd Generation Night
  - Other Come to God events
- Saturday brunches
- Sunday services
- Exercise classes & activities

### **Attend Weekly Freedom Walk Activities and Events (6-week schedule)**

- Worldwide Video Calls
- 1x Expand Your Awareness Night (Public, Freedom Walk and Path)
- Saturday events
  - 1x Joint Breakthrough Day (Freedom Walk and Path)
  - 1x Worldwide Day with the Lady (Public, Freedom Walk and Path)
  - 1x 2nd Generation Day with Maha (Freedom Walk and Path)

### **Attend Weekly Path Activities and Events (6-week schedule)**

- Teaching Nights
- Path GMP Meditations
- Saturday events
  - Weekly Go Deeper Days (1x joint U.S./Europe)
- 4-Day Workshop every 6 weeks

### **Other Offerings**

- Training House curriculum
- Love's Awakening curriculum
- Come Into the Light curriculum
- Review and staff the Miracle of Love and Freedom Walk Seminars
- Staff the Freedom Walk Seminars

- Attend yearly Retreat and review 5-day Seminar
- Attend various public and private workshops
- Take classes from the College
- Personal spiritual coaching from qualified leaders (Freedom Walk and Path)

### **Path Meditation Schedule**

- Kalindi's intent for the Path meditation schedule is a Thursday night meditation, and a 10-hour Go Deeper Day every Saturday. Once every 6 weeks is a 4-day workshop in a horseshoe with the leader that they need to be with.

*Note: The Path has Go Deeper Days every Saturday except for the joint Breakthrough Day with Freedom Walk, the Worldwide Day with The Lady and the 4-day workshop.*

- This meditation schedule is the schedule people will need to break the cycle of birth and death. Not all Thursdays and all Saturdays are necessary. It is a balancing act for each person.
- There is also the need for RE meditation in the morning and a 1-hour meditation at night.
- At a certain point once someone is in the Come Into the Light Ashram, there is a need for the singing of the holy name Gourasana.