

The Modern-day Meditation Practice

Instructional Course

Also known as

GMP®

As taught by Kalindi La Gourasana

Introduction

This is an advanced course in learning the GMP for those who are on the Path to Ultimate Freedom. The instructional talks you will be listening to are from Kalindi and contain the most comprehensive collection of teaching points about the GMP. It is a course for those who want to use the GMP to help them find ultimate Union with God in this lifetime—the most serious application of the GMP.

How to Listen to the Talks

Kalindi is talking directly to you in her talks. It may be hard for your mind to understand how she can care for you so sincerely if she has never met you; nonetheless, she does. Perhaps as you are listening to the tapes, you can be open to her love and care as it comes through her words. She speaks with a clarity and intensity that can touch your heart and at the same time make sense to your mind.

Listen to the following talks in sequential order according to the instructions that follow this list.

Introducing the Gourasana Meditation Practice®	Talk 1
General Description Of The Four Parts	Talk 2
Necessity Of Part One	Talk 3
How To Practice Part One	Talk 4
Beginning Stages Of Emotional Release	Talk 5
Advanced Stages Of Part One	Talk 6
Part Two: Calming	Talk 7
Part Three: Thinking	Talk 8
Doorway of Illusion	Talk 9
Part Four: Action	Talk 10
Structured GMP® And This And That GMP	Talk 11
The Need For Guidance	Talk 12
Advanced Further Explanation Of Part One	Talk 13
On Practicing Part Three and Part Four	Talk 14
The Lady On Prayer	Talk 15

Please note: you are not listening to the guided meditations, 16 and 17, that come in the this GMP Series as part of this monthly program.

Listen to One Talk in the Morning

Make your surroundings as quiet and non-distracting as possible. Listen to Tape #1 in the morning of your first day. Be calm and alert and sit upright when listening. The first time you listen, don't take notes; you will take notes the second time you listen to the tape.

Listen to the Same Talk that Same Evening

Listen to Tape #1 again that same evening and take notes this time.

1. When you hear Kalindi say something emphatically, making an important point, and you feel like you want to refer to what she said later, write down exactly what she said. Stop the tape so you can write the words exactly as she spoke them. This will help you not to change words which you can tell were said a certain way for a certain reason.
2. Write down any truths Kalindi speaks that you feel can help you learn the GMP® if you remember and apply those truths.

Contemplate

The day after you have listened to the talk, spend the day contemplating and reflecting on that talk. You will contemplate one passage taken from each instructional talk for the whole day. The passages are listed below.

On this day, begin by sitting for 30 minutes and contemplating the one designated passage, even if you think there is nothing to contemplate. Make notes about what you learned and are starting to realize. Write any questions that might come up. Think, contemplate, be open-minded and see how much you can realize about what is being taught in each passage.

Also, to help you realize that opening, calming and thinking are more than just parts of the meditation – they are actually all core experiences we have daily – do the following: close your eyes at random points during the day and see if you can relate some part of what you are experiencing at that moment to either opening, calming, or thinking. This can help you understand how your experiences in meditation will carry over to your daily life in ways that will help you become more self-aware. With more self-awareness you can begin to apply Parts One, Two, and Three in your daily life. For example, if you notice you have been emotionally agitated for three days, you can learn that you can release and calm down instead of remaining agitated, and then come to solve the problem causing your agitation.

Keep a journal of any realizations you have about how opening, calming and thinking help you come closer to God or can help you take better care of your material life. Journal at night before going to bed.

Repeat the Process

The day after you have contemplated a talk, repeat the process: Listen to the next talk in the series in the morning and again at night in the same manner as described above in Steps 1 and 2. The day after that, continue the process of contemplating the one passage for that talk.

Passages to Contemplate

Talk 1: Introducing the Gourasana Meditation Practice

Most people searching for union with God, and most people just trying to live life, are not going within to access the necessary knowledge of step-by-step action to take in order to improve their material situation and to deepen their love of God and surrender to Him.

Talk 2: General Description Of The Four Parts

Some of you may have practiced some of what you think that I've stated, as in many of the meditation techniques in the world something similar to each part of what I've said has been addressed and practiced. But it's the unique combination of how you practice the GMP with all of its parts that makes it the 'Meditation for this AgeSM.

Talk 3: Necessity Of Part One

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.

Talk 4: How To Practice Part One

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.

Talk 5: Beginning Stages of Emotional Release

To begin with, as you release in Part One, you'll find that there may be many surface issues that trigger you; many things in your life have caused you to shut down your true open nature. And all of these issues – and seeming surface issues – is where you start. In a prayerful state, just to begin with, let everything come up, and no matter what it feels like, sounds like or how painful it is, just let it come up. Don't judge what's occurring as you begin your release work. Just release and release and open in prayer and willingness to let go as you release. And if there is nothing really releasing from you, just be in deep prayer because that also begins the process of you going within. Just be in deep prayer.

Talk 6: Advanced Stages Of Part One

To enter into the soul's cry, one will be at the core of the emotional body's release, and that type of release opens the nervous system to the flow and current of the energy, love and presence of the Lord. At that point of transformation, the heart will have been pierced many times in its opening-up process and letting go at the same time. Your heart will be pierced so many times whether you want freedom or not. It's just if you're going for freedom, you don't do anything to try to stop the heart from being pierced. You allow it to happen.

Talk 7: Part Two – Calming

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.

Talk 8: Part Three – Thinking

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 [way] 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.

Talk 9: Doorway Of Illusion

The illusion is a powerful energy and force that is against your success, both materially and spiritually. That is its job. The power of the illusion, the desire for the illusion, and your desire for the illusion is how the illusion stays in place. The only greater power than the illusory force and its influence is God, from which everything comes, including the illusion.

Talk 10: Part Four – Action

If you do Part One, Part Two, and Three, but you skip over the action of Part Four, which is to change, move forward, and do the needful, you will have missed the point of growth and evolution and helping yourself. Don't let your fear stop you. Never give up. Don't even consider giving up. And don't let laziness or complacency stop you from meditating, using the GMP® so you can move forward constantly in every aspect of your life, accurately.

Talk 11 – Structured GMP And This And That GMP

And that free flowing meditation is what we call the “This and That” GMP: you go this way, and you go that way. And this is the ultimate way to practice this meditation. You go within and you trust how God is pulling you within and how He wants to move you. The only thing that is a must is that you begin meditation sitting up in a prayerful state and begin to go deep. Then you’ll be pulled into whatever part of the GMP is natural and accurate at that time for you.

Talk 12: The Need for Guidance

You won’t have near the material success if you don’t look to learn from others that know; and you won’t achieve spiritual success if you don’t receive guidance when necessary.

Talk 13: Advanced Further Explanation Of Part One

Humility to approach God or approach the truth in humility does not mean unworthiness. Humility means, “My God, I don’t know. Please help me. I don’t know.” And that’s the way you listen for God. Always “I don’t know.” The Gourasana Meditation Practice, the GMP®, is the “Meditation for this AgeSM”. And if you don’t approach this meditation practice from great humility you will not hear its gift to you.

Talk 14: Instructional Information On Practicing Part Three and Part Four

This is a whole new reality that’s being brought in, about meditating, and God, and finding God. You think? Yes, you think. There’s a great mastermind behind all the universes and everything that’s floating in the sky. It’s not just a haphazard situation. There’s a great intelligence, and you want to be able to tap into great intelligence.

Talk 15: The Lady On Prayer

Prayer is an expression of your desire; and your desire, your ever-increasing desire determines how much of your time you will devote to prayer. If you're sitting here saying, "I have no time for prayer, I'm so busy," then I say, "you have no time for God because you're too busy."

You can pray any time, any place. You don't have to wait to go to the Center, you don't have to wait to go to the sanctuary of your own place of prayer within your house. You can pray anywhere and at any time. You can pray while you're doing grocery shopping, you can pray in a sanctuary, you can pray even while you're at some pretty high-pressured meetings taking care of your material life. You can pray while you're dealing with your children and the demands of the family world.