

Newsletter #5

May 2018



Letters re:
February 10, 2018
Path Day



Monday, February 26, 2018

Gabriel Kahn

Very Nice Place

Dear Lady,

Path Day was extraordinary! Seeing Bartleby, Rachael and John, my peers, real people, showing me by example, that breaking free from the illusion is possible through the structured teachings you have brought in and through devotion, discipline and God's grace. I feel their depth, desire and determination which pulls me deep to those places too. What we are doing all together, as a Path, for God, for the souls in this world, is humbling. And there is no time to waste nor can I be transforming on the slow track.

There were so many tidbits of gold that were shared. I am looking more and more at how I can help others and giving to them. Rest days are now conscious rest days, where I listen to talks, journal or read spiritual material. I am learning to be honest, not being afraid to be honest, and being willing to be uncomfortable. I am learning to listen without any agenda. And I am willing to feel bad as part of my moving through illusion.

In practicing being detached from the illusory world and to see it as a "whole" and not to identify myself with any part, I am becoming free of the "whole". I am detaching from the illusory world and walking away.

I feel extremely blessed to be living in the VNP. As a community, we are a unit. As individual houses, we are units. I receive individual help and guidance from Vince multiple ways every week. Help also comes from my housemates and others in the community. Living here is like being in a container that holds me in my individual container. Spiritual focus is constant and consistent, and we participate in many spiritual activities during the week. We are evolving more and more into true love, that is love for each other's freedom through the true help.

In gratitude for the coming of Gourasana, Kalindi, and you, Lady,

Gabriel

February 27, 2018

Andrea Caruso

Munich

My Dear Lady,

The last Path Day was an incredible and exceptional day.

Bartleby, John and Rachel took us so deep. In that depth I want to live in every day.

It was a day of opening awareness, and of learning. It was so important that they gave the examples and words of encouragement. I left the day immersed in the push to move forward.

It helped me that they explained that it could be messy and explained how to do the work, that it became so real and possible.

And at the same time they spoke the words from the highest perspective.

I know that to help myself and be able to help others I need prayer, depth of connection with Gourasana and Kalindi and care for our freedom. That I do not stop from speaking up what illusion I may feel or see both in others or myself because that is not caring, it is not deep, it is being blind. I do not know or understand the illusion enough. But this does not stop me now. I know that in the connection and prayer this seeing or feeling the illusion will come more and more with time.

The priority of my life is doing the work of getting free. I still need to set up a few material things in my new life. While doing so, I practice detaching and turning away from the material existence, checking that I can set them up in a way that they support my spiritual work and not pull me away.

All that was spoken about was so tangible. It does not seem possible now to break free without being a unit. Without the help of my house I would not see enough. And when one misses a point another catches it, so points are not missed.

Triggers are opportunities to get free of illusion. Nothing has to do with the person or situation that triggers, but with the illusion and me. And also, to go beneath what I see at first. I realized how I use to stay with the first layers of illusion. I am finding the wealth of going beneath the first layers.

I love you

Andrea

February 17, 2018

Hebe R.

Dearest Lady,

Thank you for all the clarity of how to do our transformation work that you have transmitted to us through Bartleby, John and Rachael.

It was a day in which I went through the purity of the teachings to understand more and more how to do our work so that nothing prevents His presence from filling our lives.

Very soon I will be living a time in VNP and I will be able to be helped to see what alone I can not see and also help my friends.

I felt very strong your push Lady, and that push helps me to live with the intensity and passion I want to live moving forward with more consciousness, constant consciousness

I keep putting all my conscience in seeing in what ways the illusion wants to take me and I know that the work is beyond seeing it, it is letting them go in the moment, and more than that, it is leaving all behind.

I am living my 80 years and it is increasingly clear to leave everything behind
The process of opening and changing that we are living in the mission is taking me with more enthusiasm than ever, towards Him.

Thank you Lady I feel very deeply your personal support as I walk towards Him.
With the music we heard in meditation with Ginny, I could feel Home so sweetly.
Thanks for sharing your music with us.

Hebe

Sunday, March 4, 2018

Josef Schwehofer

Munich

Dearest Lady,

For this Path Day I have immense gratefulness for you and also for Rachael, Bartleby and John who presented that day in such a depth, straightness, compassion and with love which is outstanding. Thank you for giving us the time to integrate that Path Day and deliver such a profound meditation through Ginny. I felt the divine push from that day on one hand my ego got shattered and the true part in me challenged to keep the consciousness up. I never felt so clear the battle between these two parts in me. With your talks we listened to and hearing from you that we are still to slow in our movement towards Home brought thankfully into my awareness that this is my last chance to make it Home and I embrace it with the utmost sincerity.

It is so helpful and essential to review the videos because it is such a vast portion of information to digest. As well I also was drawn to listen again to the meditation with Ginny because I was searching again for that depth which that meditation carried and I found that entry point to what you once said about church music similar to that it is bringing us to other realms. This is where I long for to go to so that the taste of that realms will not only diminish sense pleasures but also regroup my inner being to view on the senselessness craving for comfort in the material which is still where I am bound by. After that Path Day my false self was dying for comfort. Finally I also cancelled a planned trip during The Lady's birthdays and instead being most of the time in solitude with meditating for long hours and having these days now as a starting point for a different life to literally take in my perception that last chance you are offering to us to make it Home.

When I was listening over and over to Gourasana's Encouragement and Choice talk my awareness expanded and my longing and desire for going Home got infused from the sacredness that this talk contains. It never became so clear to me that I cannot win any battle with the illusion which I so often was fighting for but begging Him and humbly asking for help to win the battle is the only way. That was for me

just an indicator where I failed in moving fast as you are asking it of us. What Gourasana was saying with his piercing and insistent voice on this talk still rings in my ears. I made a sign for myself which represents a cross and I will follow these words in honor and deep gratitude of Jesus and David Swanson, the man who made it for us and mankind:

Do more
You know you are not doing enough
so do more
do more
do more
do more
do more
and then
do even more!

What I am also taking from this talk is the prayer from Gourasana before going to sleep. What is so humbling for me when He says at the end of the prayer that He is praying for me, because I never thought He would pray for me/us. I am so deeply touched by that in an indescribable way.

Another dictum of Gourasana: “Think of how much time you are wasting” brought me into looking at my spiritual container if something needs to be changed or added. But I found out that as good as it gets if I don’t fill it with my awareness between the lines it will never be air tight. Meaning what you said at the beginning of the meditation we listened to at the Path Day “Come on and give it up, come on and help His Mission to succeed, come on and walk the talk to come Home.”

Yes Lady – Yes Lady – Yes Lady !

After the Path Day we came together in our house and “cleaned” out what was still in the way amongst us. It was very important to see how unspoken words can create distance and not letting intimacy happen. At the end of that sharing it felt that a new chapter of openness, intimacy, love and support can happen amongst us. That ground work did happen so smoothly because the work Rachael, Bartleby and

John presented is infused by love, no judgment and compassion for each others freedom which we followed at this house meeting.

Listening to Kalindi's talk "Three Most Obvious Signs Of The Illusion Getting You" helped me see how often I am meditating from my head and not going deep enough into the pain. It is a real shift happening but also a muscle that needs to be trained to go into the deeper pain which is the separation from God. Especially through the humbling talk from Gourasana it is easier to come to that depth since my heart is so touched by his piercing voice that is calling my soul Home – I feel blessed and open now to receive your next big delivery for us this upcoming Tuesday.

These 4 days of this year in honor of You The Lady's Birthday I will remember as very special since they live in me as a turning point of my transformation Home to The Father our Lord Gourasana – Thank you Lady from the bottom of my heart.

All my love to you

Josef

March 3, 2018
Karin Mitschke
Munich Center

Dear Lady,

This letter is in response to the February 2018 path day. Rachael, Bartleby and John held the day with seriousness and clarity. It was challenging and a push and inspiring at the same time – challenging for the ego and inspiring for the true being wanting nothing but the bottom line truth. The three presenters are examples of how to be a disciple, following the guidance of the master and giving all and everything to each one of us on the path. They spoke from self-realized truth and in humility and connection with The Lady. The audio clips of your speaking were very special – personal, intimate, the straight truth directly from The Lady. As with Kalindi there is an energy that is being transmitted by hearing your voice directly.

I would like to share with you some of the realizations and changes in my consciousness after the path day.

It hit me in my core when you said that it has not happened before that a master broke 100 people free on this earth and that Kalindi died for Gourasana's promise to be fulfilled. She is the example of true surrender to her destiny, true surrender to Lord Gourasana. She is the example of unshakable faith and the most humble and exquisite love for the Lord.

It was key for me to hear about having a spiritual perspective in the example Gina and her daughter. I have moments and times of feeling guilty and bad of not having enough time for Anastasia or wanting her life to be different and all to be perfect. Now -if anything comes up in this area for me I immediately switch into the spiritual perspective of knowing that Anastasia has her own destiny in this life time, that she is in God's hands and that she needs to face and go through what she needs to go through. It is all perfectly set up. My part is to do the work of breaking free.

The following quote from Gourasana is what I am striving to realize fully:

Quote 207 in *Breaking the Cycle of Birth and Death*: "Detachment is hard to speak about, because there are no words that will accurately describe it; so bear that in mind. In a truly detached state, your love for another actually increases. For instance, while there is so much love between a mother and a child, because of illusory attachment there are also fears

and other related emotions contaminating this loving relationship. In a detached state, these contaminations are not there. A detached state will come from awareness. From awareness the fear will disappear, the worry will disappear. Your concern will still be there, but your senseless worry will not be.”

My experience is that I am open and more awake to actually hear Kalindi. A veil has been lifted by the path work of waking up the awareness that we have been guided to do by you. Kalindi is speaking guidance to break free for this time in my transformation and ongoingly. Part of my container is to read the break free message, the illusory love book and listen to talks by Kalindi every day. The key is to go into action. As you said in the talk “A Heartfelt Plea”: If you do not make it, it is your own fault”.

It is a decision every day to be self-motivated. I am waking up to the insidiousness of the illusion disguising itself as some good feeling that I want. No! I want to be with Gourasana all day long and live in the awareness that this is a place of suffering – it is all illusion-the good and the bad. I am working on my schedule to have every day set up according to how Kalindi taught us the life style. I have been too vague in my schedule – somehow doing it all. Now I am putting my morning program, evening program, exercise, service, work, time with Anastasia, rest day etc. into my schedule in detail. I had to overcome resistance by just doing it.

I have been practicing listening in one on one and group situations. I have been too quick in my responses in the past. It takes an effort to slow down and be present with the other. It takes me into humility because I am giving up my own knowing and own ideas by turning to Him for what needs to be said and how to say it.

It was devastating to hear you say over and over how the path is not doing the work the way it was taught by Kalindi and Gourasana, how we are not where you thought we should be spiritually, how we are too slow and insist on holding on to the illusion. I can feel how I am avoiding the uncomfortable burn and keep up the pressure on myself. That is how I am going to the zoo. Coming up for air in the illusion to feel some relief. I have had the experience on my path to live in constant movement, constant letting go, always deep and never thinking of myself when I was with Kalindi. Now I have to and want to find the surrender to the constant desire and intensity again. For Kalindi and the people.

Thank you for setting up the meditation after the path day for us. I experienced a sober depth and connection with Gourasana that was not disturbed by anything for the entire meditation.

With the deepest gratitude,
Holding on to Kalindi and The Lady,
I love you,
Karin

Sun., March 4, 2018

Kornelia Winter

Munich

My dear Lady,

Never stopping, never stopping, never giving up, never giving up, keep going, keep going ... the movement with you and on the path is very fast and what I am writing today doesn't feel current tomorrow. Thank you for the incredible path day in February. John, Bartleby and Rachel delivered brilliantly what you are giving to all of us. Thank you for making it available to listen to the phone calls and the help you are giving individually and for all of us on the path.

Before the path day started I had a battle with the illusion for about a week. The talk by Kalindi "The three most obvious signs getting you" was the beginning to get distance and to realize what I was captured by for days. Still on the path day in the beginning I could feel the attacks of negativity, judgments and discouragement. I knew it was the illusion attacking me and I focused so intensely on everything which was spoken. Slowly something lifted off of me and the Meditation with Gourasana helped me shift into another realm; the spiritual realm. Again I saw how strong the illusion is and that I cannot underestimate the power of it. I need to and do stay close with Gourasana, Kalindi, The Lady, all the teachings, tools of light and my friends on the path. I am failing and succeeding, failing and succeeding I am learning.

I feel the illusion all around and inside of me; discouragement and negativity. I scream in my towel and do not give up. So strongly I feel the suffering of people and myself. As much as I can I practice detachment and walking away. Walking away from the world of suffering and pain; difficult to do, but I believe it is possible and I can make it. Often it feels very lonely and painful inside that I hardly can stand it. As Kalindi is saying in her talk I need to go under the surface issues. When I am

allowing the deep pain I am so much closer to God and at the same time I feel that force which doesn't want me to go there. I feel the battle between the light and the dark stronger than ever before.

I want to learn to do the work correctly; for myself and with the help of my friends. It is very challenging to me to help others and it hit me deeply when you were addressing with Charles that holding back is the ego. And to Terry that it is the illusion at work when she is too afraid to give and come out. I can see how the illusion is capturing me that way and is telling me "I don't have anything to say" or if I have something to say the illusion wants to whisper in my ear "you are arrogant and you want to know it better". No, no, no .. I can't allow to be stopped in that way. I am praying about the people and I am risking speaking up.

It was very helpful listening to Bartleby about the true help and that this is nothing to learn or is written in a book. Being open, being deep, not having a preconceived idea, a vulnerable place to be in and going together on a journey. Another key for me is to be aware that the person helping receives also help by giving to another person. I situate myself in depth and pray for the people.

I am seeing how strong my mind is and that I need to be faster catching it, strengthen the muscle and choose truth and God. I am listening to Kalindi talks in the car on my way to work and back; filling myself with words of truth and not listen to the illusion talking. Every night I love to listen to Gourasana and Final Journey. I start my day with prayer and listening to church music. I feel save in my container and watch out that I do the needed changes so my container can stay my best friend on the path of walking away.

I was looking for myself what it means going to the zoo. I recognize that pull inside where I just want to disappear in books, movies, sleep, food and not be here because it feels so painful and desperate. I also was looking at rest day and what is really a restful day. I don't want to have a rest from consciousness but rest my body, heart and emotions. I am doing everything on my rest day conscious and it is more restful

than before where I just wanted to disappear. I slow down and allow myself to sit and wait what comes to me and how God is guiding me.

Everything is given to us by Gourasana, Kalindi and The Lady to make it home. Everything is spoken and I am hearing more and more, deeper and deeper by listening to a talk several times.

I am seeing and learning more and more of the illusion and how it is working with me; using pain and discomfort to suck me in to discouragement. I turn away and do focus on words of truth, prayer and use the tools of light (chanting inside, scream in my towel, giving). Walking away, giving up/letting go of the illusory being and have the true self be dominant feels like a whole other dimension....How to do it? I keep going and situate myself in trust and faith.

In the Meditation with Ginny after the path day I reached a depth which I always long for. The Meditation helped also to integrate beyond the mind.

Thank you Lady!

With all my Love,

Kornelia

February 25, 2018

Lily Walker

VNP

Dear Lady,

I am so grateful that you created such a Path Day for us that we will be serving from a new place in our transformation. Hearing the words intensity and desire for me are followed with “count me in.” I am open to the true help and learning from reciprocity. I am currently endeavoring to find more depth and trust in Gourasana and Kalindi. Divorcing myself from the illusion has been very challenging and I will never give up.

Hearing Betsy’s letter helped me to understand just how vile the illusion is and how readily I have been in its tentacles and a victim to it ways. I am done with this suffering. I want God. Rosa changed my perspective on giving help when she described it as being the sanctity of the soul that we are approaching in this sacred giving. Thank you for those letters.

The sharing about Daisy and her container was very helpful. I find myself referring to the expression “going to the zoo” when I am checking within to see if something is an appropriate activity. Your description of your path with David Swanson and Gourasana helped me to get how serious this work is and what it takes to make it.

Gina’s situation with Chelsea reminded me so much of me bringing up Dhyana for 10 years in the mission. I felt terribly guilty also. She was angry for much of the time and felt cheated by me and life. She and I talked constantly about the love she was receiving and then she discovered on her own as a live in Nanny just how awful the traditional family could be. It was a cure, but she did not let up on the anger for a long time. As of now she is very warm and even about her association with the VNP and is thrilled with having purchased the Hart House.

Charles' help also provided a mirror for me and how I hold back in the fear and resistance to being responsible to others. It is self-absorption. The God's truth in this is we are our Brother's keeper and it is not about the little me, but about what we can do or give to another. I truly appreciate what you said about the Path. I shortened it. "Your spiritual self becomes dominant and starts running the show. It takes effort and it is a muscle that needs to be strengthened. Every time we do the work properly, we take another step away from the illusion."

I belong to a 'Unit' that is supported by Jack. Last week we got together and met to go over the Introduction to the "Break Free Message." We all read it together and then discussed that particular paragraph. Then the rest of the evening was spent watching a couple of episodes of the Unit. Jack also asked us how we would relate to you vis a vis The Three Most Obvious Signs. A lot of help was given during the evening. It felt like a successful beginning and right on target.

Your ending with that phenomenal meditation was perfect. The Renaissance Master piece to me has the qualities of other-worldliness. My words written during the experience were: Heaven Rejoices at what is happening. We are a host of angels here. Follow The Lady's lead and she will take you to God.

With love and gratitude,

Lily

February 17, 2018

Teresa Jensen

VNP

Dear Lady,

It has been a very long time since I have written to you. So I have a few things I need to tell you before I write about the Path day.

Lady, I have loved you for the 20 years I have been on this path, regardless of the form my path took over the years. I have been on the Path, then on Freedom Walk, and Freedom Walk Path, and now I am back on the Path to Ultimate Freedom with your blessing. I have, my whole life, wanted to go Home; find Freedom, Truth and Love. I have been blessed by feeling Gourasana and Kalindi's love and to feel the power of the Host and the Special Assistance. And Lady, I have been blessed since my first Intensive by your love, guidance and great benevolence. Thank you for letting me come onto the Path, which allows me to be in service with my Master Vince and move so fast that my head is nearly always spinning. The Senior Retreat, the True Help and now this Path Day have been creating profound change in me. I am learning to move from awareness and follow Kalindi's guidance which feels so personally made for me at this particular time in my transformation. I have been holding on tightly to the Father's Prayer, and your paper on Humility, feeling the truth in every word. My container is my protection and I want to stay in its safety. Your words in the Meditation Make-up program are my joy as I feel the truth in every word. Everything you have said seems most pertinent and current, as though everything now has converged to support me in entering the True Realm.

As a part of Vince's team I am giving in support of Vince and Susan and learning to give True Help within the VNP community. Learning more about True Help on Path Day and the purity it requires was so powerful. Betsy's letter created an unforgettable picture of the way the illusion can steal True Help from us and what it takes to give and live in true love. Praying "Please Lord help me to help this person" is an incredible focus as helping each other helps us; giving and endeavor

are the keys. Listening is a gift of the heart. Never giving up, even in the face of a day with more learning than succeeding is a rule that I live by, dance to and pray for.

Knowing that I am not that being of illusion is the only way I can receive the help and let go and get closer to God. Knowing that any person I am helping is not that being of illusion is the best way to look and listen for the sacred in them. Having received the True Help from both Susan and Vince with so much acknowledgement of me being other than this bundle of illusory acts and feelings and thoughts is a benediction. Being seen with love – a love so powerful that it refuses to turn away from the darkness in me but cuts right through it is a benediction.

I am learning to appreciate the power of the energetic push coming from you and also from Vince and to stand in humility so I can hear the truth and move with it.

Lady, every day I marvel at the privilege of being where I am at this time and doing this work – and learning to do this work properly. I hope to be one of your disciples that can give you pleasure by moving quickly and just doing it, for you, for Kalindi and Gourasana, for each other, for my family, for the world.

Your talk about having a spiritual perspective with regard to our adult children is fortifying me to stay on my Path without needless suffering even in the face of my real longing for my grandchildren and my adult children's longing for me to be with them. A spiritual perspective on my choices is one they may not understand with their minds but I believe when I die they may be able to look upon my life and be moved because I was true to my heart and my love and longing for God. The consistency of my commitment has value even from their perspective. Or not. My unconditional love for them in the face of their disquiet is a strength only found in God. It is a case of spiritual maturity to have this inner strength. The more I give up my illusory being the greater my acceptance of my choices. There is an energy to it beyond anything I see or understand with the mind.

I am learning to see the enemy and am working to see it more quickly now. This awareness of the illusion often must come from the True Help of others (and for me that has been from Vince's Team, primarily Susan, Carlie Barbara and Kathleen and of course my Master Vince without whom I would not have seen what is truly possible for me) while I stand on the side of the confrontation, with them; see the darkness and with a clear understanding and desire, walk away from my being of illusion. You said this walking away starts from a internal place that opens up when we stop ourselves from the expression of an illusory state, see it ourselves and allow something new to start. In reviewing the Path Day I think this was one of the most helpful pieces of guidance for my own transformation. Being willing to give my time to pray and wrestle with how to help another is something I take to heart in learning how to help another soul. I have so much more to surrender to help from this depth but I am willing to start and not wait until I am perfect.... After all it isn't me doing it anyway, and if I am willing to be led by Gourasana and Kalindi and be grateful to them for anything that is helpful, then I must begin now.

Thank you Lady for bleeding for us.

I cannot know what is must be like for you to see us in illusion and want so much for our success, but your push, your care and your never giving up on us is everything to me.

I love you

Thank you

Teresa