



Living God-Consciousness – 30-Day+ Transformative Experience

Principles of Living in God-Consciousness

Introduction

The following “Principles” are meant to give you Kalindi’s teachings about how to bring God-consciousness into your home and invite the presence of God into your everyday life. Remember that while you work on making your belongings more simple, efficient and organized, efficiency and organization are material endeavors, and in and of themselves do not carry spiritual benefits unless you also include the Presence of God. Bring to this effort a feeling of devotion, gratitude, beauty, love and care in order to deepen your relationship with God.

This program will help you to arrange and care for your personal possessions so they reflect your feeling of devotion to God and your desire for His Presence in your life. As you know, you are focusing on 3 areas: the kitchen, the bedroom, and the closet and clothes.

As you apply the following principles to these three areas during this program, and as you continue the ongoing practice of living in God-consciousness, over time you will be able to bring care and consciousness to *all* areas of your home, from the smallest items to the largest. The idea is that eventually, as you keep going, every storage space and every room in your home will look neat and will invite the presence of God. In other words, you would gladly have God open all drawers and cabinets or walk into your closet and bedroom, because you know everything would be clean, orderly and beautiful. As you live in a God-conscious home, you will feel less distracted by so many material things. And when you look around, it will help you to remember God.

This is a process and initially takes time. Take it step by step and break it down into smaller projects, so you can succeed. Don’t rush, but stay steady with your efforts. You can do 15 minutes a day, and it will make a difference. Once you have gone through all your areas and belongings, over time it will take less effort – only regular “maintenance”. As you keep changing internally, you will want to keep changing and letting go of things externally.

Principles

- **Simplicity:** Strive to have what you need; not more, not less.
- **Care:** Take great care of what you have by attending to every detail of your life. Discover true personal care, and care for other people.

- **Gratitude:** Have gratitude and appreciation for what you have.
- **Change:** Keep things fresh, alive and moving. Change things externally as you change internally.
- **Letting Go; Trusting God's Abundance:** Let things flow. Assess what do you really need at this time in your life. Go through your possessions periodically, and give away what you no longer need. Make space for something new to come; let go of the past. Ask: "Do I need this?" "Do I still want this, and am I supposed to have it?"
- **Beauty:** Add beauty to your spaces and create a feeling of reverence and devotion, to help you remember God. It's very personal.
- **Calm:** Limit distractions and chaos around you. De-clutter! Create spaciousness. When you come into your home and enter your kitchen, your living room, your bedroom, does it emanate a sense of calm and spaciousness, as if you had entered a sanctuary? When you open your closets and cupboard, your fridge, your drawers, do you feel a sense of calm because things are organized well and neatly, or do you get stressed and irritated?
- **Cleanliness:** Clean regularly out of care for yourself and others. It invites a higher consciousness. Make cleaning into a spiritual practice: cleaning away the illusion.
- **Organization and Efficiency:** Know what you own, have a place for everything, and put things back where they belong. How can you organize things in a way so you can easily see what you have, and find what you are looking for, without it taking all of your attention? Place things at right angles, labels facing to the front, electrical cords orderly. Kalindi has said, "God is in the details." That's how you stay out of chaos, confusion and overwhelm.
- **Living Awake:** The material world will never be perfect; things get messy. But when you stay at it, and you care - *in the moment* - and straighten out your hangers, pick up a piece of trash on the floor, wipe the crumbs on the counter – you can make those into moments with God, moments to calm and be present.

How to Get Started

Be Aware and Access:

- Decide one area to work on.
- Look around and check in with yourself – become aware of how you *feel* looking at this *area*.
- Do you feel calm? Inspired? Or agitated and overwhelmed?
- What distracts you?

Go into Action, Calm and Connected:

- Go step by step. Don't rush; be present.

- Have trash bags ready, and some boxes ready for things to give away: mark your boxes “Gifts”, “Second Hand”, etc.
- Break down your project into doable chunks, so you can succeed.
- Complete a cycle. By the end of your project time, if you can’t complete the whole project, come to some sort of orderly stopping point. How you do this is up to you, but be aware of the illusion of overwhelm.
- It’s not about right or wrong, or doing it perfectly.
- Remember to do this to invite the presence of God.

Helpful Tips:

- In organizing, and deciding what to keep and what to let go, ask:
 Do I need this?
 How often do I use this?
 Where in my home does it belong?
- You can store things in bins, if you don’t need them regularly, and think you will have use for them in the future. Or you can let go of things (and not waste them) by giving things away as a gift, giving them to a second-hand store, or bringing your nice clothes in good condition to Kalindi Mart for others to wear.
- If you cannot decide whether to give something away or to keep it, put it in a bin called “Can’t Decide – Keep for Now”.
- Label the bins so you can find things easily.