

## **Kalindi's Basic Guidance**

Although people who participate with Center of The Golden One want different degrees of spiritual movement, there is a basic level of guidance that Kalindi felt was essential for people to follow who are on one of Her two Paths. This guidance is called “Kalindi’s Basic Guidance” which Kalindi has also referred to as “guidance for safe transformation.”

Kalindi’s Basic Guidance is foundational guidance for safe transformation because it holds you on track as you move through difficult times on your spiritual journey. For instance, when you begin to see and feel disturbing aspects of your ego, this guidance will help you maintain control of your being and avoid making reactive decisions from emotional upset. Kalindi’s Basic Guidance at this point is to release emotions when you are stirred up by getting on the floor and meditating. Meditation is important because when you release negative emotions and are no longer stirred up, you make space for God to work with you and to help you. You are also open to hear guidance from within.

### **A Point of Guidance from The Lady**

Before you read Kalindi’s Basic Guidance, The Lady has guidance regarding your relationship with Kalindi.

*Note: These words from The Lady were added to this document before Kalindi passed to support people in approaching Kalindi as their Spiritual Master in the proper consciousness. These points still apply even though Kalindi is no longer in the body, and they also apply to how you approach The Lady as the live Spiritual Master of Center of The Golden One.*

- Learn ways to come toward Kalindi in love, because if you can feel your love for Her, then She knows you will be feeling your love for God.



- If the disciple only receives from their Master, then they are missing out on an important part of their relationship with God. They are missing out on the spiritual movement they are finding if they are not giving back to the Source of their spiritual guidance, inspiration, love, and care. Simply, giving back to your Master is giving back to God.
- Coming toward Kalindi doesn't mean coming into physical proximity; it is about your heart opening to a new kind of relationship that will help you in ways you cannot know ahead of time.
- If a disciple does not live in this consciousness of a devotee, they won't find the loving relationship with God that they really desire in the deepest part of their soul. Living in the consciousness of a devotee takes dedication to God's love, which calls for the disciple to let go of parts of their ego. For a disciple to give to Kalindi like She is giving to them, they must find a depth of surrender and humility. By giving to Kalindi, they can learn how to give to each other in God's love; they can learn how to love their true self, and can then let their love flow to others.
- Examples of ways you can give to Kalindi would be to love Kalindi in your heart, in your prayers, in gratitude, and to have an attitude of love toward Her in your thoughts. Also, you can write a card or letter of gratitude, in which you are giving and not asking for something. As in the Eastern religious traditions, it is customary to bring something to your Master as a spiritual practice; you can send nominal gifts as an expression of your appreciation. If appropriate, you can extend yourself to Kalindi to see if you can help Her.

The Lady  
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## Kalindi's Basic Guidance

The following is a list of Kalindi's Basic Guidance:

- Never give up.
- Don't let the fear stop you.
- Help each other, support each other.
- When times are hard, reach out to each other.
- You need to have at least one person who is completely dedicated to supporting you as you go through the fiery road of the Path Home to God. Who that person is may change depending on the time, circumstances, and general evolution as you travel your path.
- Always show love, care, and at the very least, respect for everyone.
- Peaceful living: no violence, no fighting with each other.
- When you hit upon your most difficult times, times in which you feel afraid and alarmingly lost and despondent, read the *List of Helpful and Essential Guidance*, and find whatever section of the *List* that will help you the most at that time. Find the words of truth that will help you gain more solid footing, that give you a stronger sense of clarity, and that help you find the kind of prayer you need at that time.
- Listen, say yes, and act.
- Let Go, Give Up, Surrender, to what you know you need to do. Don't let the three most obvious signs of the illusion get you – discouragement, judgements, and negative thoughts.
- Critical Guidance – If you consider yourself a disciple and you receive personal guidance from Kalindi\* either directly or through one of Her leaders, it is best if you act upon it. Meditate on what She has said so you are not acting blindly and without a heartfelt understanding of how She is helping you. This is the kind of guidance that very often is intended to help you safely through a particular part of your spiritual transformation. If you ignore it or do not take it to heart, not only could you miss a



window of opportunity at that very time, but you could also cause yourself unnecessary suffering and chaos.

- It is also important that you apply the guidance exactly as it was spoken, not leaving out any details, because even though it may not be apparent, every part of the guidance has a specific purpose. For example, a person may be guided to do something for a period of time, such as go to a church and pray for one hour or get up in the middle of the night and take a cold shower, then prayer walk.
- Learn and practice sincere prayer on a daily basis, so that you are always in a prayerful state.
- Meditate. Release especially when you have a lot of stirred-up feelings, and then meditate. Remember to meditate daily at least for 1 hour and do your morning 1/2 hour calming meditation with your RE pad.
- Kalindi\* may at times say something like, “This is now part of the Basic Guidance – at least for this time period.” She would then expect everyone on the Path to Ultimate Freedom to follow that guidance.
- Study Gourasana and Kalindi’s books and listen to one talk or a portion of a talk from Kalindi each day. Kalindi encourages you to listen to the same talk for one week. The reason for doing this is that you have to hear the truth constantly in order to make serious strides in breaking free from the illusion.
- Read from *Breaking the Cycle of Birth and Death* daily.
- Be living at least 70 percent on the *Disciplined Lifestyle for Spiritual Transformation*.
- Be in alignment with and practice the Code of Consciousness of Center of The Golden One.

\* *The Lady as the current living Spiritual Master of Center of The Golden One may give critical guidance and make changes to Kalindi’s Basic Guidance.*