



FREEDOM WALK

PATH OF TRANSFORMATION

Homeward Bound: A 21-Day Journey Into Freedom Walk

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*Freedom Walk is a path of transformation. It is a path of growing God-consciousness. It is a path of meditating. It is a path of giving. There is a true spiritual pleasure that comes from giving in service to God. It is a path of ecstasy and joy because it is about connecting to the love of God deep within and about bringing God's love into the world. It is about giving and loving. It is about love and light. It is about walking a daily journey, getting freer and freer of the illusion, and closer and closer to God.*

The Lady, 2015



Dear Freedom Walk Participant,

Welcome to this guided 21-day experience of being on the Freedom Walk Path! We are offering you a simple three-week structure to support you in integrating the practices, teachings, and experiences you encountered in the Love's Awakening Gateway and its Follow-Up Sessions into your life.

In order to connect these practices, teachings, and experiences to the Freedom Walk's basic building blocks: "The Three G's" – GMP meditation, Guidance, and Giving – we have dedicated one week to each of them in the program, so that you can experiment and try out different ways of including meditation, guidance, and giving in your daily living.

We are starting this journey on a Friday so that each week will end with Freedom Walk GMP Meditation offered by the Center of The Golden One every Thursday.

In order to facilitate your planning, we include a calendar with suggestions of time to set aside each day for your spiritual practices during the 3 weeks.

We hope you will enjoy this guided journey, find it inspiring, encouraging, supportive and helpful in walking your new path.

With love,  
Freedom Walk Spiritual Leadership

<b>Friday, Day 1</b> 30 minutes	<b>Saturday, Day 2</b> 1 Hour	<b>Sunday, Day 3</b> 1 Hour	<b>Monday, Day 4</b> 15-20 minutes in the morning  15-20 minutes at night	<b>Tuesday, Day 5</b> 15-20 minutes AM A few minutes once or twice during the day  15-20 minutes PM	<b>Wednesday, Day 6</b> 15-20 minutes AM A few minutes once or twice during the day  30 min.PM Going Within/Journaling	<b>Thursday, Day 7</b> 15 minutes AM A few minutes once or twice during the day  7-10 pm MST FW Meditation
<b>Friday, Day 8</b> Going Within Time AM and PM/ during the day  30 minutes Journaling/Thinking	<b>Saturday, Day 9</b> Going Within Time AM and PM/ during the day  45 minutes call or meeting w/ your guide	<b>Sunday, Day 10</b> 30 minutes reading and contemplating  15 minutes PM	<b>Monday, Day 11</b> Going Within Time AM and PM/during the day  20 minutes for reading a transcript	<b>Tuesday, Day 12</b> Going Within Time AM and PM/during the day  20 minutes for listening to a talk	<b>Wednesday, Day 13</b> Going Within time AM and PM/during the day  20 minutes for listening to a talk 15 min. Journaling	<b>Thursday, Day 14</b> Going Within time AM/during the day  7-10 pm MST FW Meditation
<b>Friday, Day 15</b> Going Within Time AM and PM/ during the day  30 minutes Thinking/Taking Action	<b>Saturday, Day 16</b> Going Within Time AM and PM/ during the day  45 minutes Taking Action/ Call/meet with guide	<b>Sunday, Day 17</b> 1 hour Loving and Giving Walk  15 minutes PM	<b>Monday, Day 18</b> Going Within Time AM and PM/during the day	<b>Tuesday, Day 19</b> Going Within Time AM and PM/during the day	<b>Wednesday, Day 20</b> Going Within Time AM and PM/during the day  15 min. Journaling	<b>Thursday, Day 21</b> Going Within Time AM and PM/during the day  7-10 pm MST FW Meditation

You may [download the calendar](#) and print it, or save it to your desktop.



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