



CENTER OF
**THE GOLDEN
ONE**

Freedom Walk

Path of Transformation[®]

Handbook

5th Edition, 2025



Table of Contents

Preface 4
Background 5
Gourasana’s Teachings 7
The Lineage 9
What Is Center of The Golden One – 11
Two Gifts for the World and the Two Paths 11
The Path to Ultimate Freedom 11
Freedom Walk – Path of Transformation 12
Helping Humankind 13
The Common Purpose of the Two Paths 14
Direction and “Sourcing” for the Center 15
Freedom Walk – Path of Transformation 16
What Is Freedom Walk? 16
What Is Transformation? 18
What Are Some of the Spiritual Principles of Freedom Walk? 20
Desire Is Everything 20
Self-Motivation and Choice 21
Self-Awareness 22
Self-Realization 22
What Makes Freedom Walk a Path? 24
Leadership of the Freedom Walk Path 25
Personal Support 25
What Are Some of the Main Spiritual Teachings and Practices 27
For Freedom Walk? 27
The “Three G’s” 27
• Giving 28
• Gourasana Meditation Practice® (GMP®) 29
• Guidance 29
What Is the Greater Purpose of Freedom Walk? 31
What Are the Offerings of the Freedom Walk Path? 32
Freedom Walk Path Worldwide 32
Prerequisites 33
Criteria 33
Short List of Criteria 38
Fees and a Word About Commitment 39



***In Closing and Next Steps* 40**



Preface

Dear Friend,

Thank you for your interest in the Freedom Walk – Path of Transformation®. This Handbook explains the Freedom Walk Path and how to apply for it.

The Handbook contains a lot of spiritual information and inspiration. We suggest you read it as a meditation. You can let the many spiritual quotes take you deep within to the Realm of Spirit.

We urge you to set aside ample time, like several hours over the course of a few days. Take your time; perhaps you even want to settle in and read it with a cup of tea. It is full of spiritual riches from the Founders and you can actually evolve your consciousness through your reading.

Along with this Handbook, there are two Appendices, all of which are vital to understand the Freedom Walk Path.

Appendix A: Catalog of Offerings

Appendix B: Application

If after reading everything, you would like to join the Freedom Walk Path, fill out the application. It contains instructions on how to submit the needed documents including the Fee Form.

Whether you apply to the Freedom Walk Path at this time or not, there are many ways to participate with Center of The Golden One®.

We hope you find this Handbook inspiring,

Freedom Walk Worldwide Spiritual Leadership



Background

Freedom Walk – Path of Transformation® is a spiritual path offered by Center of The Golden One. It was named ‘a path of transformation’ by Kalindi and The Lady. We also refer to it in short as “the Freedom Walk Path,” or just “Freedom Walk.”

For you to understand what the Freedom Walk Path is, we want to give you some background about Center of The Golden One (“the Center”), its Founders, and the basics of Their spiritual teachings.

Center of The Golden One® was founded by a current-day Incarnation of God, Gourasana. His energy began to permeate this earth in the 1960’s as the world was changing in radical ways, opening to more love, and breaking out of old ways and belief systems. In response to the collective desire and prayer of humankind, Gourasana came to bring the love, the energy, and the knowledge of how to get free from the illusion.

Gourasana’s *overall* purpose is to bring the pure love of God into the planet in a massive way and assist the evolution of the collective consciousness of mankind. His express purpose is to help people get free from the bondage of the separate ego self and the material realm (“the illusion”). In other words, to help people break free from the cycle of birth and death in this lifetime.

Many people feel we are in an age of awakening, and as Kalindi says in the quote on the following page, the special assistance and the transformational energy of God are directly helping this awakening.



“Due to the cry of mankind and the thousands of people ready for a leap in consciousness into God’s Love, there is a very special assistance and transformational energy from God entering this planet at this time. It is from Lord Gourasana, “The Golden One,” a current-day Incarnation of God, accompanied by the Heavenly Host of Light Beings.

All you need to do is to go within in prayer to the Almighty Father and be open, and you can connect to His special assistance and transformational energy. His energy and assistance are here to help you in breaking free of the bondage of this material illusion, the world of lies, repression, and denial.

The special assistance of this Incarnation is to help those searching for ultimate freedom and for those searching to deepen their loving connection to God and to each other – in His love – all in service to mankind’s quest for truth. You don’t have to believe in the Incarnation. In fact, you cannot believe, you can only experience it. I’m just simply letting it be known that there is a special assistance coming from God at this time that you can benefit from, whether you believe it or not. It is benevolent. It is love.”

Kalindi

From the book, *Ultimate Freedom: Union with God*
Miracle of Love, 1998, Page v



Gourasana's Teachings

Gourasana taught us that every single human being is on a journey of evolving consciousness that takes place over millions of lifetimes. The journey takes everyone back Home to the Source, God, the Creator, when they are ready to return. This means everyone is advancing toward ultimate freedom over lifetimes. There is a built-in longing in each and everyone's heart to return Home when the soul is ready.

The obstacle to overcome through our journey of many lifetimes is the illusion of separation from God. This illusion exists within us as personal illusions and outside of us as a greater force that affects the whole world. Gourasana came to teach us about this very real force called "the illusion."

The illusion covers the soul, or as Gourasana calls it, "the beautiful gem" that we all are. One way the illusion covers the soul is through false judgments, concepts, and beliefs that cause us to forget that we are, in fact, already connected to God. Because we feel separate from God, there are layers of deep pain and lack of fulfillment at the core of every human being. In the illusion, we constantly seek fulfillment through temporary material pleasures. But the deep longing is ultimately for our connection with God and with love.

The illusion is a sinister force that has a controlling power on this earth and causes separation and suffering among people. It keeps us separate, not only from our true loving relationship with God but also from each other. It affects our lives constantly by causing separation and suffering through judgments, fear, shame, guilt, repression, denial, anger, hatred, etc. People act in hurtful and separating ways because they carry these types of illusions within.

Gourasana came to expose the illusion and to help us increase our awareness of it so that we can get free from being controlled by it. He came to help us transform, to get freer from illusion each day, and to come closer to God, and, for those ready in this lifetime, to find full union with God.

Uncovering that beautiful gem requires effort. It happens through the spiritual work of becoming aware and peeling back the layers of personal illusion, going deep into and through our pain, and falling into our longing for God that takes us all the way into God's love.



The personal illusion is called the ego, the false self, or “the being of illusion.” By peeling off and letting go of the illusion, we find the true love, ecstasy, joy, and truth within, all of which come from God. This is the spiritual work done in the Seminars, and in all the offerings of Center of The Golden One.

Because we are so identified with the illusory self, peeling off those layers of the false self can feel confronting and painful at times. This is the transformation that is at hand. It is not an easy transformation, but it is authentic, worthwhile, and fulfilling. This is why Kalindi created two paths to God: containers that provide the support, teachings, guidance, and association needed to do this work. The two paths are Freedom Walk – Path of Transformation and The Path to Ultimate Freedom®.

To move spiritually, there are many different ways one may travel, with or without a formal path. While every soul is on their own unique journey, some choose to further their journey by being on a spiritual path. Freedom Walk is a serious path to God. Freedom Walk – as everything at Center of The Golden One – is connected to the Source through the direct lineage of Lord Gourasana, Kalindi, and The Lady (who are referred to as “the Founders”).



The Lineage

Gourasana had two direct disciples, Kalindi and The Lady, and He was responsible for their spiritual awakenings. As Kalindi awakened, The Lady became Kalindi's first disciple. Kalindi guided The Lady through the fiery road of transformation. Kalindi and The Lady are fully awakened spiritual Masters. Both are also "Spiritual Masters for the World," meaning they are here not only to help individuals break free, but also to change the consciousness of the planet.

Gourasana named Kalindi the "Voice of God," as She was His voice and spoke volumes of teachings and guidance. Her talks brought information from the spiritual realm to guide people Home and help them find the pure love of God within. Her guidance also gives direction for the spiritual programs, the two paths, and the organization of Center of The Golden One.

Kalindi passed on April 18, 2010, and The Lady is now the head Master Minister of Center of The Golden One. She continues Gourasana and Kalindi's work. The Lady helps people on the Path to Ultimate Freedom break the cycle of birth and death and provides spiritual direction for the Center, which includes the Freedom Walk Path. The Lady continues the lineage by helping others awaken. Gourasana gave her the name "The Lady" and said that The Lady is here to teach the world to pray.

To participate in the Freedom Walk Path, there is nothing you have to believe about the Incarnation, the lineage, or Gourasana's teachings. This spiritual path is experiential and is all about self-realization, as Kalindi talks about in the following quote:



“You can go Home. There is a Home. There is a place called the true realm of existence where your Father, the Almighty Creator, resides. And He has sent an Incarnation of God, along with masters, that can guide you. And He has sent a special energy and power that can guide you Home to the true realm of existence, where there is nothing but love and ecstasy, consciousness, eternity, no more birth.

And you can begin to feel that in a very short time, once you come and meet these Masters and start to take their guidance. You will feel for yourself. You will not believe. This is not a belief system I’m talking about. You will feel for yourself the love of God and the energy of God. And you will tap into the true realm of existence, and you will know that it is Home.”

Kalindi
from the talk, “It Is Your Choice,” 2006

Every person is at a different place on their journey with God, depending on their spiritual desire. The speed at which someone wants to travel the journey of evolution towards Home is also very individual. The Founders’ teachings are available to help people at different levels of desire, different walks of life, different religious beliefs, or no beliefs at all.



What Is Center of The Golden One – “The Mission”?

Two Gifts for the World and the Two Paths

Center of The Golden One was founded in 1991 by Gourasana and Kalindi as the organization responsible for bringing Gourasana’s teachings to the world. This is the mission of Center of The Golden One, and it is one reason the Center is called “the Mission.”

Gourasana’s two main gifts for the world are the Seminars and the Gourasana Meditation Practice® (“The GMP®”). The GMP and the Seminars are meant to be available to the world at large. People can benefit greatly from these two offerings without continuing any other work with the Center, if they so choose.

People are always welcome to partake in meditations, specific events, and programs without needing to join either path.

For those who want to be on a spiritual path, Kalindi created two paths to God as containers for serious spiritual transformation, *The Path to Ultimate Freedom and Freedom Walk – Path of Transformation*.

Both paths are for people who resonate with the teachings of Gourasana, Kalindi, and The Lady, and who want to move ever closer to God and Home and become ever freer from illusion every day.

The Path to Ultimate Freedom

The Path to Ultimate Freedom is about highly radical, fast-paced spiritual work for people with a personal urgency to go Home and break the cycle of birth and death in their lifetime.

This path, historically known as “the Path,” is for people who are ready, willing, and able to undertake this rigorous form of spiritual work. By definition, it is a lifelong commitment that requires complete and absolute surrender to God. People on the Path agree to follow serious, life-changing guidance from Gourasana, Kalindi, and



The Lady, a living Spiritual Master who is currently guiding the Path. Although each person's transformation on the Path is individual, there is a prescribed sequence of events and programs to follow.

Freedom Walk – Path of Transformation

In contrast, Freedom Walk - Path of Transformation (the “Freedom Walk Path”), is meant for people to travel at whatever speed and intensity of focus they desire and are ready for in their spiritual journey.

It is a path of a very high level of consciousness that people can learn and strive to live by. On Freedom Walk, people progress at their own pace and decide which guidance, programs, and practices they want to follow.

The Freedom Walk Path is rooted in the same teachings as the Path to Ultimate Freedom, but it is not intended to help people break free in this lifetime through radical or life-changing guidance. It is not meant to be a path that helps people break the cycle of birth and death in this lifetime.

However, Freedom Walk can be a doorway to the Path to Ultimate Freedom for those who wish to apply and qualify to be on it. Kalindi recommends that people start on Freedom Walk and spend at least two years learning the basic teachings of the Founders before they apply to the Path to Ultimate Freedom. This way, they can develop a strong spiritual foundation to approach the Path's radical work.

The Freedom Walk Path provides a container for working toward greater freedom from illusion, supported by association, teachings, guidance, and meditation. Should you decide to join the Freedom Walk Path, you will choose to live your life in higher consciousness, gaining more freedom.

As you get freer of illusion, you will be filled with the love of God, and you get to live in the joy and ecstasy of God. When you are filled with the love of God, you naturally want to give and share it with others. One of the primary purposes of the Freedom Walk Path is to share and give God's love to others.



Helping Humankind

One aspect of giving God's love to people and being loving and giving is to go out and help humankind in a practical way. The Lady encourages people on Freedom Walk to give in this way if they don't feel pulled to give in service directly to the Mission.

You may be familiar with the following quote from Kalindi from your first Seminar:

“If you don't want to help humankind by transforming to break free and assist others in that endeavor, then give to another cause, for example, ending world hunger. Don't waste your life in a self-centered fashion. Our existence here is meant to live and give in some way to help humankind.”



The Common Purpose of the Two Paths

The common purpose of the two paths is to bring the love of God to the world. How do we bring the love of God into this world?

- By transforming and letting go of our own illusions of separation,
- by manifesting qualities of God's love, and
- by giving love, and inviting other people to the opportunity to transform and to "come to God."

Both paths do the daily work of transformation by getting freer and freer of the illusion and closer and closer to God.

Center of The Golden One consists mostly of volunteers from the two paths and other congregants. Freedom Walk and the Path to Ultimate Freedom hold up the foundation of the Mission. Many people on Freedom Walk are doing significant service and holding important and destined positions for this Mission.

Giving in service to the Center and its higher purpose is a powerful opportunity for transformation. While giving in service, we are constantly endeavoring to embody the teachings from the Founders in practical and grounded ways.

We strive to live in God-consciousness, materially and spiritually, in our everyday lives. This is reflected in how we aspire to run the organization and in how we relate to and communicate with each other.



Direction and “Sourcing” for the Center

Before Kalindi passed, She left instructions in great detail for the running of the organization and guidance for people’s freedom into the future. From content for the programs and the paths, down to how to run meetings, and the detailed level of care in the Seminars, She gave spiritual direction, which is called “sourcing.” Currently, The Lady continues to give sourcing and direction for the Mission and the two paths.

The Founders also brought spiritual understandings and knowledge about the illusion – the obstacles that keep us from feeling our connection with God – that is current to this time period. This guidance is carefully integrated into the Mission's spiritual paths and programs. The intent of the teachings, guidance and sourcing will always be adhered to and taught by spiritual leadership. However, the teachings and programs will change and evolve over time, as explained by Kalindi in “An Ever-Evolving Path to Ultimate Freedom” in 1998:

“The path is an active, evolving path, though the teachings and understandings of the illusion remain the same undiluted truth. Our programs are not glued in cement and locked in place, as we are creating an “ever new path” that is geared to evolve along with mankind and serve the current collective need and address the current collective illusions. In this way, we will bring a path to the world that is always current to mankind’s evolution, addressing always what is necessary at the time. Thus, our programs evolve and change, bringing forth always more clarity as it can be heard. This path will never be a belief system or tradition because of its very nature of rapid movement and rapid change. This very nature of change will be apparent even in the programs brought forth. There will be a basic stability – the truth never watered down – but something will always be changing . . . We will always be changing. That is God’s way. Change means evolution forward. We are on a very magical carpet ride. God’s ride Home!”



Freedom Walk – Path of Transformation

What Is Freedom Walk?

Because Freedom Walk is a path that is completely rooted in the teachings of the Founders – Gourasana, Kalindi, and The Lady – it is part of the vortex through which God’s pure love is entering the planet at this time. Gourasana said, “There is a great facility here to move very quick spiritually.” Freedom Walk is such a facility. Kalindi and The Lady have described it as follows:

- It is a path of transformation.
- It is a path of growing God-consciousness.
- It is a path of meditation.
- 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.

“It is a serious path of getting closer to God, getting freer of illusion, and advancing towards ultimate freedom.”

The Lady, 2015

To embody the love of God and to manifest the love and joy that come from transformation, whatever is *not* of love has to be confronted within so that it can be let go of. This is a serious undertaking that takes work. This is one reason why The Lady describes Freedom Walk as a serious spiritual path.

It is also a serious path because it is rooted in the pure truth brought by an Incarnation of God. The consciousness of Gourasana’s teachings is opposite to the mood of the planet. The teachings naturally confront many things that this material world stands for.



For example, there is a teaching about the dissatisfaction that comes from trying to find fulfillment from this material plane of illusion. On the material plane, people typically seek fulfillment through material things such as having a house, money, power, fame, etc. But as people awaken, many can relate to a feeling that, no matter what they are trying to have in their lives, there is always something missing deeper within. Many people don't know where to find true fulfillment.

Gourasana teaches that:

“The only thing people really care about, truly care about, is the love of God. The thing they want more than anything is love. And without that connection to God, they can't have the feeling of love they really want. There is nothing greater. There is nothing more important to each and every human being than love. It is everything.”

It's not that we can't have things – such as relationships, family, career, money, etc. – but Gourasana's teachings guide us to go within, directly to the Source of love, where true fulfillment comes from. The teachings of Gourasana are not intended to help us become “happy” in a material sense. The material world and society are geared to have us believe that we can become happy from having material things – that is the mood of the planet.

Instead, Gourasana's teachings help us become freer of what is in the way of finding more real love and joy within ourselves. That will bring us closer to living our lives with love and joy by becoming freer. The love, joy, ecstasy, and light found on the Freedom Walk Path come from going deep within and connecting to the true realm of existence.

“Freedom Walk is all about Home inside, Home to the Love of God inside. That's why it's a path of love and ecstasy. It is Home. You are connecting with God. You are connecting with the Lord. You are connecting with the love of the Lord. You are connecting as a devotee; that part of you that is connecting is your true self.”

The Lady, Mission Seminar September 2015



What Is Transformation?

“... a great number of people on this planet need to come into some type of spiritual awakening – awakening of consciousness, awakening of their awareness, and a connection in the heart to God and the love of God.

To do all of that, there is a transformation – a spiritual transformation – of body, mind, heart, and spirit. It’s quite a transformation collectively of a large, large group of people that needs to happen in order to help the situation in this world.

I don’t have to spell it out. You can look around and see what’s going on and the direction that mankind is headed in. That direction can be stopped; it can be helped by a shift in consciousness. The shift in consciousness needs to happen worldwide. There needs to be a mass of people throughout the world that open up to God to receive the light – the pure light and love of God – into their being and allow an awesome transformation to occur and actually become pillars of light that begin to just bring love, just simply bring love, wherever they go.

Be love. Just let the love of God begin to just flow.”

Kalindi
from the talk, “World Talk,” March 3, 2008

Every human being is evolving lifetime after lifetime toward Home. You can view every lifetime as a classroom, where you learn different life lessons. Choosing Freedom Walk as your spiritual path is a conscious decision to speed up your spiritual evolution. Freedom Walk is a path of transformation; transformation is about change, and change is about movement. You are shifting from believing the lies of the illusion to positioning yourself in greater truth, light, and love of God.

As you open up and desire help from God, you access the special assistance from Gourasana and the transformational energy that helps burn up your illusions. There is an inherent fast pace to this energy, but you choose how fast you want to go in transformation.

This type of transformation affects body, mind, heart, and spirit, as Kalindi explains in the previous quote. You can bring transformation into every part of your life. On the Freedom Walk Path, you live your life right here in the world – Kalindi calls it “in the marketplace” – not in a secluded monastery, and you can learn how to apply the



teachings to your day-to-day life so they become very real for you. When you begin to change your inner consciousness, you then start to choose to make changes in your life to match the change happening internally. You may choose to change the way you live, how you dress, how you keep your belongings and your environment, how you deal with your relationships, etc. This is how you learn to live in God-consciousness in your everyday life.

On the Freedom Walk Path, you will also transform by bringing God-consciousness and love into different parts of your being. For example, you can learn to control your mind by learning to use the teachings from Gourasana, Kalindi, and The Lady on that subject. By practicing the meditation and the teachings, you can change your consciousness, thinking, behavior, habits, and speech.

As you transform more and more, you will naturally want to make changes that bring you more into the light. You can choose the areas you want to make changes in; there is no prescribed formula. But transformation is about being in movement and taking action.



What Are Some of the Spiritual Principles of Freedom Walk?

Everyone's journey is unique and personal. The guidance, the teachings, and the help are here as an offering to you. How you move with them is driven by your desire. It is about being self-motivated, self-responsible, and about becoming self-realized. On the Freedom Walk Path, you choose the teachings and programs you need, and you do the work of transformation at the pace you want. As you walk your own path on Freedom Walk, you walk with the following spiritual principles from the Founders:

Desire Is Everything

“In spiritual life, in the search for truth, in the search for God, desire is everything. Of course, it is a force that moves you, not only in spiritual life, but it moves you from one place to another in this material world . . . There is no individual, there is no human being, who does not have this desire within them.”

Gourasana
from the talk, “Desire,” 1991

“The main thing you need to remember is that you will succeed if it is your desire. If you want the love and the light, if you want to know the truth, then no matter how great the obstacle, you will succeed. It can be done. There is a way for everyone to be free of this illusion.”

Gourasana
from the book, *Breaking the Cycle of Birth and Death*, #311
Miracle of Love, 4th edition 2007



Self-Motivation and Choice

“If someone truly wishes to leave this plane of illusion in this lifetime, then you do not need to be his guardian because he will see to it that he leaves.”

Gourasana
from the book, *Breaking the Cycle of Birth and Death*, #59

Gourasana is teaching the importance of self-motivation. While in this quote, He refers to the goal of “leaving this plane of illusion in this lifetime,” the principle of self-motivation applies the same way to becoming freer and freer each day and closer to God. This is what is called the “59-er” teaching.

The way you benefit the most from being on the Freedom Walk Path is by proactively making choices to help you in how you want to move spiritually at any given time. For instance, you may find yourself facing a difficult area within yourself and may seek spiritual counseling for a period of time to make headway with this area. Or you may find yourself facing fear, and may choose to listen to a specific talk every day for a week to help you move through this area.

You can view the path as a container that offers teachings, programs, leadership, spiritual direction, and association to assist you in your movement. You can take whatever is most helpful to you at any given time. You craft your own path based on your desire, choice, self-motivation, and self-responsibility.

Developing the habit of self-motivation and “being a 59’er” is not necessarily easy and requires cultivation to get what you desire. While the Freedom Walk Path offers many choices, it has the inherent challenge that you must be proactive, as you will not be explicitly told what to do.

There is great importance, as well as a spiritual reward, in developing the spiritual muscle of making accurate choices for your movement toward God. This means choosing God over the illusion over and over again. If you want God and the love of God, a good question Gourasana suggested is: Is what I am doing bringing me closer to God, or taking me further away?



Self-Awareness

“You must always remember that it is you yourself that must find the truth. You must rely on your own awareness to go within and to experience the truth directly.”

Gourasana
from the book, *Breaking the Cycle of Birth and Death*, #146

The purpose of any true path to God is self-awareness and self-realization. In daily life, you will continually gain more awareness through asking the question, “Is what I am doing bringing me closer to God or taking me further away?” You want to develop self-awareness to see the obstacle you are facing, so that you can do the work of letting go.

The search for truth, awareness, and self-realization happens in your whole being – body, mind, heart, and spirit. Awareness happens beyond the mind; awareness happens with an opening of the heart.

“It’s your own feelings that you have to face. And it’s through your feelings that you will again find your heart. And it’s only through your heart that the truth can come to you. It can only come through the heart. The mind will never understand the truth. It’s not possible to put the truth into words.”

Kalindi
from the talk, “An Evening with Kalindi,” January 6, 1993

Self-Realization

The Freedom Walk Path is experiential. You are not asked to believe any of the teachings. They are there to be self-realized. You will contemplate and meditate upon the teachings available to you. Then, with that contemplation, you can apply the teachings to your life. You will then be able to evaluate how this affects you spiritually. Self-realization happens deep within. To have the greatest benefit from the teachings, it is good to approach them with humility and open-mindedness.

“You can hear guidance, you can hear the truth, but you must begin to understand it for yourself. When you are lost, you do need some guidance. But



ultimately you must act from awareness until you come to a point that when you hear the truth, you will know it as the truth. And when you hear a lie, you will know that it is a lie and reject it.”

Gourasana
from the book, *Breaking the Cycle of Birth and Death*, #309

Doing the work offered on the Freedom Walk Path, you find more self-realization by becoming freer and freer from material illusions each day. True transformation takes work – the work of facing yourself, opening to God’s special assistance, letting go, and taking action. That work leads to self-realization. You actually change by doing this work, which is different from talking about or thinking about change. You take practical action to live a God-conscious life. As you self-realize the teachings, you can bring God into every aspect of your life.

Kalindi says in Her talk, “Living in God-Consciousness” from 1996,

“You come to a higher state of consciousness that is more conducive to remembering God 24 hours a day rather than living in the state of old habits that just pull you down into a lower kind of material consciousness, living for the illusion.”

Your self-realization of the teachings contributes to the spiritual awakening that is happening worldwide at this time.

“The elevation of your own consciousness helps the overall consciousness of the planet.”

Gourasana
from the book, *Breaking the Cycle of Birth and Death*, #142



What Makes Freedom Walk a Path?

The Freedom Walk Path is a container, a facility to transform. It provides inspiration for spiritual movement – to ignite and uncover your desire for God, truth, and love; to always find more trust and to keep going, especially when times get difficult. It provides association with like-minded people from all walks of life. What people on the Freedom Walk Path have in common is that they want to transform. And the path leaves lots of room for each person to walk their unique journey of transformation toward more light and love of God.

Gourasana taught us that the strength of the structure of the Seminars allows for the power of God to enter. Similarly, the structure of the Freedom Walk Path serves as a container for the power, truth, energy, and love of God to enter and for you to be held as you are transforming.

The Freedom Walk Path offers you:

- Spiritual leadership under the supervision of The Lady.
- Spiritual direction that is current and connected to the movement of the Mission.
- Personal spiritual support in group settings as well as individually.
- Association with others who are also on a journey of transformation.
- Spiritual talks, teachings, and practices
- Regular meditations
- Spiritual programs, events and offerings

It is up to you to decide which of these aspects of the Freedom Walk path are most beneficial for your transformation at any given time.

You may have many desires and goals in your life – relationships, family, job, career, etc. If you choose to participate in the Freedom Walk path, it means you also have a spiritual desire to transform. Freedom Walk can provide spiritual orientation, spiritual tools, and teachings to help you navigate whatever happens in your life with spiritual consciousness. You live from the perspective that you are a *spiritual* being having a human experience in this material life. From this perspective, everything that happens in your life can be an opportunity for spiritual advancement. As you change within, you make changes in your day-to-day material life that reflect spiritual values. It is a real and practical transformation in the marketplace.



The path provides you the container to go deeper within and to uncover continually more of yourself. It also offers you current and evolving teachings, spiritual practices, and tools that you can apply to whatever you are going through in your life. For example, on the Freedom Walk Path, you are encouraged to use the Gourasana Meditation Practice, which is a core spiritual practice on the path. You can use it to address any problem, material or spiritual, to open up, go deeper, feel, release, let go, calm, think, and find solutions.

Leadership of the Freedom Walk Path

The Lady is the head spiritual Master of the Center. She gives direction and teachings for the entire Mission, which includes the Freedom Walk Path. The Lady is spiritually accountable for the leaders of the Freedom Walk Path. Kalindi sourced that these leaders participate in the Path to Ultimate Freedom. As such, they are held accountable by The Lady to do the serious inner work it takes in order to come from pure intent in their leadership. They walk the path of fire and do the radical work of breaking free. The Lady said to the participants of the Freedom Walk Path about the leaders, *“They’re filled with presence of God, and truth and love, and the practices that will help you overcome illusion.”* (April 21, 2014)

As sourced by Kalindi and The Lady, there will be some people from the Freedom Walk Path who will help facilitate some of the offerings under the supervision of Freedom Walk leadership. And everyone on the Freedom Walk Path can contribute to helping others by being a true friend and buddy to someone else.

Personal Support

As you walk the Freedom Walk Path, your transformation is unique and individual. There is no blanket process for your movement. The help you need at any given time is personal. It is between you and God. And you have the opportunity to receive specific support and direction based on your particular circumstances.

Many of the Center’s events offer opportunities to share, engage in group movement, and receive personal help. If you wish, you can schedule spiritual counseling sessions for a period of time (for an additional fee) to receive private, one-



on-one support for your spiritual movement. As you craft your path, you will decide which of the offerings are best suited to the movement you need at the time¹.

Association

While everyone's path on Freedom Walk is unique, there is an opportunity for meaningful spiritual connection and support along the Freedom Walk Path. The association here is rooted in the purpose of transformation: a community of like-minded people who want to evolve spiritually and who meditate regularly. You participate in events, do service, and share the love and God-consciousness that you are finding as you transform together.

Also, at the Center and on the Freedom Walk Path, you will have association with others who understand the spiritual work you are doing. They can support you, especially when you are challenged in your transformation. You will be able to remind each other of your true spiritual desire and how to apply the tools and teachings to move forward. We all need reminders, encouragement, support, inspiration, and personal help.

You will discover a very natural way to be in association with others whenever you give in service to the Mission. Service is one of the principal ways to be in association as you work on projects together, staff an event – such as the Seminar – or help with other activities and events in your community.

Seek good association and equally, be good association to others. Everyone has something to give to others.

¹ See Catalog of Offerings in Appendix A.



What Are Some of the Main Spiritual Teachings and Practices For Freedom Walk?

“It is a path of growing God-consciousness. And how do we grow God-consciousness? We grow it through a selection of spiritual practices – meaning meditation, prayer, and service – and that facilitates an authentic self-transformation.

What does transformation mean? It means you become freer of the obstacles of illusion so that you can get closer to God. Then you are living closer to a live relationship with God. And then you’re living with the different attributes of God that He wants for this earth, such as the Fruits of the Holy Spirit.”

The Lady, 2014

The “Three G’s”

Both paths offered by the Center are rooted in what Kalindi calls “The Three G’s”:

- Giving
- GMP
- Guidance

“So the three G’s – who will embrace that package? It’s very simple. Give your life to the service of God. Live for God. Practice the GMP. The GMP will help you with every single area of your life, spiritually and materially, and have you be able to live for God. And guidance. You need the guidance from someone who can see. From someone who can see and from someone who knows Home.

Three G’s. The GMP will have you strike a balance. It will help you to be able to live for God. It will help you be able to open up to God. It will help you to heal. If you don’t give to God, you will never fill that empty place within you because if you don’t give, there is no way that God will flow through you. There’s no funnel to flow through if you’re not giving.

And give selflessly and unconditionally. Don’t be attached to what form God is asking you to give in right now. Just jump in and everybody give. Everybody give and you’ll start to see the ecstasy. The ecstasy comes from giving your life to God. That’s why there’s so much movement in the Seminar because everyone is giving. Everything’s going on in there – there’s giving, there’s meditating,



there's guidance – all three things are going on in that room at one time. So how will you live your life with the three G's in place? Now, the GMP is what will help you to live the three G's. So, I'll leave you with that to think about.”

Kalindi
from the talk, “The Three G's,” 1996,
The Simple Path to God Series

As you craft your path on Freedom Walk, you will have the most profound movement if you can incorporate some aspect of each of these “three G's” into how you walk your path. There are no specific requirements for how you apply the “Three G's” to your path. But all three are necessary ingredients to truly come closer to God. The “Three G's” are built into the offerings of the Center in many ways.

- **Giving**

Giving in service to God is an essential part of every true path to God. Freedom Walk is a path of devotional giving – giving in service to God and giving for a higher purpose. As you transform and go within, you find the love of God. The intrinsic nature of love is giving. And when you find love, you naturally want to give it.

Giving can come in many forms. Kalindi always speaks from the highest truth. In the previous quote from the “Three G's,” when She says, “give your life to the service of God,” translate that into what resonates for you regarding giving to a higher purpose. You can live in the consciousness of giving – wherever you are, and whatever you do, you can give love.

If you would like to give in service to the Mission, you can take on what we call a “Job for God.” This means being in devotional service and helping the Center in the many needed practical ways. Examples include staffing Seminars and other events, volunteering in departments such as the online shop, accounting, media services, etc. You could help with fundraising efforts and with what we call “Come to God.” Since everything the Center offers is about coming closer to God, we call the department that manages the effort of inviting others to Center offerings the “Come to God Team.”



- **Gourasana Meditation Practice® (GMP®)**

The Gourasana Meditation Practice is a core spiritual practice on the Freedom Walk Path. The ultimate purpose of meditation is to go within and connect with God and God's love. In the GMP, we do the deep “floor work”² of facing ourselves, opening, feeling, releasing, and letting go in a prayerful state. At this depth, God, the special assistance, and the transformational energy can help dispel the illusion within.

The Gourasana Meditation Practice – Meditation for this Age® consists of four Parts: Opening and Releasing, Calming, Meditative Thinking, and Taking Action. It is valuable to learn and practice this meditation regularly. Meditations are offered weekly at the Center, live or online. There is great benefit from meditating as a group and, if possible, coming together in person.

Kalindi suggested attending regular weekly group meditations. She also emphasized meditating daily on your own – in the morning when you wake up and/or at night before going to sleep in prayer. If you are so busy that you can't find much time to meditate, Gourasana said to try to find 10 – 15 minutes to do the GMP and, at the very least, go to sleep in prayer.

- **Guidance**

“You must have the guidance of one that can see Home, of one that knows Home. You need the guidance of one that can see the illusion and how the illusion traps you. You must have guidance, and that guidance is throughout the whole Mission.”

Kalindi
from the talk, “The Three G’s,” 1996
The Simple Path to God Series

The guidance comes through teachings, quotes, signs, talks, books, events, meditations, programs, and leadership. When you have a specific spiritual or material problem, you can always find a talk from one of the Founders that will help you move forward. All of the talks are conveniently categorized by topic at the online shop at www.centerofthegoldenone.com/shop

² “Floor work” refers to deep meditation, which typically is practiced sitting on the floor.



One of the many ways in which The Lady is guiding people on the Freedom Walk Path is to manifest your God-given qualities, as in the Fruits of the Holy Spirit. The Fruits are Love, Joy, Peace, Patience, Kindness, Gentleness, Faithfulness, Goodness, Self-Control. The teachings of the Freedom Walk Path will inspire you to live your life as an expression of these qualities.

“Manifest the Fruits of The Holy Spirit. This is the destiny of the Freedom Walk Path. Embody the Fruits of The Holy Spirit. You have to deal with illusions to embody these. You do that work with God. Aim your life for a higher purpose. The path is freer and freer, closer to God. You will get freer by striving for the Fruits of The Holy Spirit, and get closer to God. Elevate your own consciousness by striving for the Fruits of The Holy Spirit.”

The Lady
March Retreat 2015



What Is the Greater Purpose of Freedom Walk?

“Freedom Walk is about bringing the love of God into the world, about giving and loving.”

Kalindi
from Sourcing Document 2009–2010

“We are here not only for ourselves but because we understand that ‘the elevation of your own consciousness helps the overall consciousness of the planet.’ That is the true meaning of the Freedom Walk Path. That is the destiny and great purpose of the Freedom Walk Path.”

The Lady
March Retreat 2014

“Will you become awakened with the love of God and go up to somebody and hold them just because they feel sad? This is how His love is going to get transmitted into this world. So it’s a very great destiny that He’s trying to give you all.”

The Lady
Mission Seminar September 2015

“Begin to walk in this world and in your day-to-day lives and let the love of God move through you and touch as many people as possible. There are endless ways to share the love, even with strangers. Become a walking vessel always ready to share the love and truth that you are. This giving and the mood of always being ready to give will start to fill you and bring forth in you the ecstasy of your path and your life as a being of light and love. How many people can you inspire every day just being who you are?”

Kalindi
from the talk, “Great and Glorious,” 1994

“To love is to give. God’s love is all giving. The love gives. The love shares. The love loves.”

Kalindi
from the talk, “To Love Is to Give,” 2008



The Lady stated that “another great purpose of Freedom Walk is that some people are preparing to come onto the Path of Home [meaning a path to ultimate freedom] in another lifetime when they are ready – to break the cycle of birth and death in their next lifetime. I hold them like this in my heart. I see them as preparing to take birth to go Home – they are just not quite ready in this lifetime. That is why the Vicinity Prayer is emphasized, which gives intention of their desire to go Home at the soonest possible moment.”

Dear Lord,

I pray to be born in the vicinity of a Master who is specifically endowed with the Power, Guidance, Knowledge and Destiny to help me Break the Cycle of Birth and Death. Please Lord, prepare me to return to the Home of God at the soonest possible moment.

The Lady, July 11, 2020

What Are the Offerings of the Freedom Walk Path?

People on the Freedom Walk Path choose to join many of the offerings of Center of The Golden One as part of their path, such as meditating weekly, attending Breakthrough Meditation Days, staffing or reviewing Seminars, etc. In addition, there are programs and events that will be offered only to those on the Freedom Walk Path, such as the Freedom Walk Path Calls, access to the Freedom Walk site on the Center’s Learning Center online, Go Deeper Days and other specific spiritual programs as scheduled.

Freedom Walk Path Worldwide

The Freedom Walk Path is available worldwide.

The Freedom Walk Path originates from the main Centers, which are currently in Denver, Colorado, and Leipzig, Germany. If you live near a Center, you can participate in person. If you live outside a Center, you can join by live streaming many events individually or with your local group or community. Additionally, some offerings are available worldwide through online, on-demand services that you can stream at your convenience.



Prerequisites and Criteria to Join Freedom Walk

The following section will explain the prerequisites and criteria to join the Freedom Walk Path. You can use the application to walk through these criteria to ascertain if Freedom Walk is the right next step for you.

Prerequisites

Currently, the prerequisite for applying to Freedom Walk is completion of a Seminar or Gateway. (This prerequisite may change over time.)

Criteria

The criteria help define the parameters of the Freedom Walk Path and maintain its integrity. The criteria pertain to spiritual, material, and logistical areas.

1) You have a desire to transform.

Because Freedom Walk is a path of transformation, the first prerequisite is a desire to transform. To transform and get closer to God, you must take steps to become freer of illusion, which requires letting go of the illusion. The ability to let go requires a spiritual maturity to choose love over separation, God over the illusion.

Letting go is a choice. Ultimately, all the teachings of the Founders are based on “let go, give up, and surrender.” How much and how fast you do that is a personal choice between you and God.

However, what keeps you separate from God also keeps you separate from other people and from yourself. So when you interact with others at an event or on a service team, for example, the movement on Freedom Walk is always towards coming together in more love and one-mindedness. This requires the willingness and ability to let go of whatever keeps you separate in that real-life situation. It is the way of God. The truth of who we are wants to be together with others without separation.

If you choose a job for God, called service, that carries a lot of responsibility and interaction with people, there may be a higher standard of letting go required to ensure you can do your service in harmony and unity with others. Service of this



caliber may require that you transform at a faster rate to carry out the responsibility that you are taking on for God. For example, if you want to be part of the Seminar Management Team or a Seminar Registrar, you must be willing to develop a high level of God-consciousness, love, care, and respect to represent the consciousness the Seminar stands for. This means that when you sign up for this type of service, you inherently commit to transforming to the degree the job for God requires. This type of service is one of the fastest and most rewarding tracks of transformation to God.

2) You have the commitment to yourself to be moving on your spiritual path, however much you choose to do that.

Freedom Walk is a path of transformation, and transformation is about movement, and movement requires taking action, to whatever degree. The basic description of how one moves forward on Freedom Walk is “freer and freer, and closer and closer to God” in daily life, achieved through being in action. There is no requirement regarding how much action needs to be taken, when to take it, or even what action is called for. It is up to each person’s desire and how fast they want to move and change. But it is important to understand that an essential commitment to *yourself* on the Freedom Walk Path is that you want to and will be in movement, as this is not a passive path. This commitment to movement is self-generated.

3) You resonate with and desire to move with the teachings of Gourasana, Kalindi, and The Lady, and want to keep learning.

While there are many spiritual teachings available in the world that you may use and get benefit from, understand that the Freedom Walk Path is grounded in the teachings of the Founders. The Lady may at times direct you toward materials from other spiritual masters or teachers to support you in deepening your connection with God and to promote further self-realization.

4) You are self-responsible for your health and well-being, and you “stand on your own two feet,” meaning:

- a. You are physically able to do this work.
- b. You are psychologically able to do this work.
- c. You comply with the legal obligations of your country.
- d. You are financially responsible and have a basic level of financial stability.



Taking care of yourself in all aspects of your material life is essential for having a stable foundation. This is to support you as you embark upon a serious spiritual path of transformation.

Gourasana said that people participating in serious spiritual work, such as on the Freedom Walk Path, must “stand on their own two feet.” He said, “This is a place to come only for enlightenment,” and people coming here seek “simply spiritual guidance and assistance.” The Center is not intended to assist people with physical, mental, or material life concerns.

“Standing on your own two feet” means that you are responsible for all aspects of your material life. This includes, but is not limited to, health and well-being, planning and caring for old age, family responsibilities, finances, legal obligations, etc.

It is important to understand that the work done on the Freedom Walk Path and at Center of The Golden One is entirely *spiritual* in nature. It is not a replacement for taking care of your material life. Some people may hope that spiritual work will remedy material or psychological issues. You may need to engage professional support in the areas of financial, medical, and psychological well-being, including support for addiction, as needed.

The Freedom Walk Path is not for everyone, and some people may first need to work on these material aspects of their lives instead of applying for Freedom Walk at this time. However, for others, challenges in some of these areas don’t necessarily mean they can’t participate in the Freedom Walk Path. Some may need professional support alongside this work to benefit spiritually from the path.

Two important criteria to consider are your physical and psychological health. This is because transformation affects all parts of your being – body, mind, heart, and spirit. As you know from the Seminars, getting freer of illusion can be confronting at times. When you encounter an illusion that has been causing you suffering and separation, the work is to face it, feel it, and turn to God in order to let go and open to more love.

The process of moving through the obstacles may at times feel challenging and painful. It is important to become aware of how you respond to internal conflict. For example, some people may at times react negatively, such as becoming very defensive, feeling anxious or depressed, or having emotional outbursts. Doing this



work requires self-control and the ability to navigate inner reactions. One must be able to tolerate the inevitable pain and discomfort and learn to manage them properly.

You have the GMP and other specific tools and teachings to help you develop the needed control over the mind, emotions, and behavior. However, this work is not for someone who cannot control their being and be self-responsible in these areas.

Use the criteria and the questions in the application to recognize any potential challenges in these areas. Be aware of the nature of this work and your ability to align with it, and choose accordingly.

5) You agree to follow the “Code of Consciousness” and strive to live by “The Ten No’s” and you aspire to live in the consciousness they represent.

The Code of Consciousness is included as part of the Application Form. Please take the time to review it carefully as you complete your application.

These agreements include points of God-consciousness common to most spiritual paths. They are centered around having respect for all that is offered to you so that you can do the work of coming closer to God. The agreements are about behaving respectfully toward others, the teachings you receive, and the organization that offers them.

Abiding by the guidelines and standards will help you stay situated in the most ideal consciousness to receive the benefit from the spiritual teachings.

6) To benefit from the Freedom Walk Path offerings and be in communication with other Freedom Walk participants and leadership, you need to have:

- a. Basic English skills; translation is offered as often as possible, but not guaranteed.**
- b. Basic computer skills and access to email and the internet.**

The Founders spoke in English, and it is the language of our worldwide organization. It isn't easy to put spiritual truth into words, and when you translate it from English to another language, it is yet another degree of interpretation. To benefit from hearing the teachings as directly as possible and to communicate with the



worldwide Freedom Walk Path leadership and participants, it is recommended that you speak English or have a basic understanding of the language. This criterion will not prevent you from joining the Freedom Walk Path, but please note that we cannot guarantee translation services, and you will need to arrange the help you need.

In addition, in this day and age, so much of our communication happens through the internet, including the delivery of many of the spiritual programs. Therefore, basic computer skills and access to email and the internet are necessary.



Short List of Criteria

Here is a short list of the criteria for your reference:

- 1) You have a desire to transform.
- 2) You have the commitment to yourself to be moving on your spiritual path, however much you choose to do.
- 3) You resonate with and desire to move with the teachings of Gourasana, Kalindi, and The Lady and want to keep learning.
- 4) You are self-responsible for your health and well-being, and you “stand on your own two feet,” meaning:
 - a. You are physically able to do this work.
 - b. You are psychologically able to do this work.
 - c. You comply with the legal obligations of your country.
 - d. You are financially responsible and have a basic level of financial stability.
- 5) You agree to follow the Code of Consciousness and strive to live by The Ten No’s, which are located in the application.
- 6) To benefit from the Freedom Walk Path offerings and be in communication with other Freedom Walk Path participants and leadership, you need to have:
 - a. Basic English skills; translation is offered as often as possible, but not guaranteed.
 - b. Basic computer skills and access to email and the internet.



Fees and a Word About Commitment

To participate in the Freedom Walk Path, there is a monthly fee that includes regular weekly meditations and standard monthly events. The reason there is a monthly fee for the Freedom Walk Path, rather than a pay-per-use option, is that a monthly fee represents a commitment to your path and to supporting the Center, regardless of how many events you choose to attend each month.

The Freedom Walk Path is a path to commit to; it is not meant to be a path you come on and off of on a month-to-month basis. If you decide to apply for the Freedom Walk Path, you should feel this is something you want to participate in over time.

However, we do recognize that circumstances and desires may change. You may feel at some point that participating in the Freedom Walk Path is no longer the accurate structure for you. If you want to stop participating in the Freedom Walk Path, please let a Freedom Walk leader know. You can always keep participating with the congregation; in other words, you can come to meditations, give in service, review a Seminar, and keep moving with the talks and materials from the online shop, etc.

“Your advancement on this path spiritually can only go into a bank account, spiritually [speaking], whether you stay or whether you move on – and some people are going to move on and do miracles in this world If you were connected to God and His love . . . you have that connection as long as you turn within to find it.”

Kalindi
from the talk, “Protect the Vortex,” 2009



In Closing and Next Steps

You are coming to the end of the Freedom Walk Path Handbook. The next step is to read the following documents:

- The Catalog of Offerings (Appendix A)
- The Application (Appendix B)

Then, if you want to apply to the Freedom Walk Path, complete the Application (Appendix B) and follow the instructions at the end.

- Submit your Application and Fee Form as explained on the last page of the Application.

The Application was designed for you as a journey of self-discovery in conjunction with this Handbook. Take time to fill out the Application and use this Handbook as a reference.

We hope this Handbook was informative for whatever you may choose next on your spiritual journey.

“You can have awakened beings³ who are on Freedom Walk. What a glorious thing, and the world needs that! Please hear. The world needs that! Do you understand what kind of divine thing, that divine request that God has of Freedom Walk? Will you become awakened with the love of God and go up to somebody and hold them just because they feel sad? This is how His love is going to get transmitted into this world. So it is a very great destiny that He is trying to give you all.”

The Lady
Mission Seminar September 2015

³ The Lady explained that there are many stages of awakening, some of which can happen on Freedom Walk.