

COME INTO THE LIGHT AND STAY IN THE LIGHT SERIES

# The Longing is the Love

*by Kalindi La Gourasana*

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Miracle of Love, P.O.Box 24183, Denver, CO 80224

Printed in the United States of America

Everybody on this planet has  
a connection to God.

And there are many, many, many paths.  
In all of the religions everybody is connecting to God  
in so many different ways.

It is all the same one God manifesting –  
different names, different faces, different forms,  
different times throughout history.



All paths lead to the same end result,  
as all religions have the same common denominator:  
Love of God.

KALINDI LA GOURASANA



## FROM THE EDITORS

These quotes were spoken by Kalindi, a modern-day spiritual master whose spiritual master is a current Incarnation of God, Lord Gourasana, “The Golden One.” He passed from this world in 1995. Kalindi is infused with His power, knowledge, and energy to pass on to anyone searching for Home – spiritual freedom – or anyone who wants to come closer into the love of God.

Kalindi has spoken many talks to guide people Home to spiritual freedom and to help them find more of the love of God. The quotes in this booklet were taken from these talks and minimally edited for ease of reading. Kalindi’s talks, as well as her books, DVDs, and programs, are available in their original format from the Miracle of Love® bookstore.

Kalindi and The Lady together, along with the many people who have come to be part of Miracle of Love, have created a nondenominational worldwide mission to help bring God’s love to the world. There is a six-day seminar offered all over the world where you can experience a deep, personal connection with God and your true self. Kalindi and The Lady guide the Path to Ultimate Freedom®. Also offered is the Modern-Day Meditation® practice, developed by Gourasana. It is a contemporary practice that modernizes age-old meditation by including components relevant to life today.

For more information, visit [www.miracle.org](http://www.miracle.org), [www.gourasana.org](http://www.gourasana.org),  
[www.miracleofloveseminar.org](http://www.miracleofloveseminar.org), [www.theladyinprayer.org](http://www.theladyinprayer.org)

*When someone touches Kalindi,  
they move closer to God just by her touch.  
When they look in her eyes, they move closer to God  
just by being able to look in her eyes.  
And of course, when she speaks, every time they listen  
to her speak, they move closer to God.  
And moving closer to God means filled with more love,  
more awareness, more knowledge,  
more understanding about this material world –  
a complex place to understand.  
People are bypassing years and years of unnecessary study  
of scriptures. Because it's so simple after all;  
simple, I know, on one hand and complex on the other.*

G O U R A S A N A  
Incarnation of God

# The Longing is the Love

?? SUBHEAD GOES HERE??

By Kalindi La Gourasana

*Current-day Spiritual Master and Voice of God*

There is a deep, constant, nagging longing in the hearts of mankind. That longing goes unfulfilled, and people are trying to fulfill it by temporary pleasures of this world, be it job, relationship, family, money, power, fame. Nothing will ever satisfy the longing but having the Love of God in your heart and ending the separation between yourself and God.



Everyone is feeling this emptiness in his or her heart – this tug, this pull, this longing for completion, this feeling that something is missing. Something is just missing; no matter how good it gets, there still is something that is missing. And that longing – especially when you are by yourself, or at night when you are going to sleep, or in the morning when you wake up, you

feel this place in your heart that longs – just longs to be fulfilled. And that longing is for the Love, is for the connection: that eternal connection that you know is supposed to be there, but you don't know what it is. You don't know how to find it, and you don't know where it is.



You have come to identify with all of the walls, barriers, beliefs, concepts, judgments and falseness that actually run your life. You actually live your life based upon fears, based upon hatred, based upon blame, and based upon judgment. You've come to identify your very being with all of these illusory things, and none of them has anything to do with your true self. Your true self is in God, is whole, is complete and is free of the illusion.



The longing is the love. The longing that you feel is the love. And the longing pulls you ever deeper. The transformation that you are enduring – of opening your heart, of releasing so many pains, fears, anger, and resentments – is you being pulled

through your transformation because of your longing. And when you surrender to your longing, as painful as it may feel, if you find your way to the center, the core of your pain, you will find the feeling that's in there is the longing, the longing for fulfillment, the longing to return Home.



There is the true realm and there is the illusory realm. The true realm is the place that is eternal. It is the place where you have come from. It is the source from which all living entities have come. And it is the place to which all living entities will return. It is the true realm.



There comes a point when the soul is ready for total truth, and total truth means that you simply graduate out of the material world back to the true world, the true realm of existence, where nothing is missing. It is an eternal realm of unending love and ecstasy, where there is no more death, there is no more suffering.

Now what it is that everyone is searching for is the eternal love of God, and that feeling of Home, and that connection back to the true realm from where you came. There comes a point in everyone's evolution, there comes a point for every single living entity that you are simply ready to finish up all of your business in this material world.



This material illusion is not your Home. It is not permanent; it was never meant to be eternal. And when you're ready to get out, help is brought.



This material world is not your Home, but you have been in it for such a long time, millions of years. You have become so identified with the illusion that you cannot even remember Home, but Home is calling to you. The only way out of the illusion is to fill yourself with the presence of the Lord – and I want you to really hear what I am saying here: The only way out of this illusion is to fill yourself with the presence of the Lord.

No one has a clue of the power of the illusion and the insidious nature of the illusion. It is specifically here to do whatever it can to keep you separate from God. That is the job of the illusion. There is only one power stronger than the illusion and that is the Lord The illusion has no power when it is up against God.



This material creation – this illusion, this place of separation – is only meant to be temporary. Though you can't remember, even when you came to this material realm, you knew that at some point you would awaken and return to your true self in God – Home, the true realm, Spirit – and no longer be entangled in separation in any way. Human existence itself means separation. There's no getting around it. There is separation in the material world. It's a place of separation.



In entering into the illusion and going through the original separation from God – from Truth, from that full connection, from your Home – there has come along with that separation the very tool that you need in order to return to your full self in God

once again. The built-in tool that you brought with you when you entered into the illusion is something that's called the longing. And that longing is the driving force that's inside of everyone. No matter what level of evolution people are at, there's a longing in the heart that goes unfulfilled despite efforts to create any type of material existence that's conducive for happiness or pleasure or comforts or love in the material world. There's a longing that despite what you have and what you have achieved in the material world, deep in your heart it can't be satisfied with anything less than your true being-ness in God once again and your returning back to God.



The longing carries you through your entire journey in the material existence. What propels you from one lifetime to the next, to the next, to the next, is your longing, your constant search for that one thing that you can't remember what it is because you've forgotten in your state of separation. So your longing keeps pushing you forward in search of something until you finally have enough consciousness to understand that everything that you try of this material nature, no matter how

good it is, there's still a nagging longing in your heart, in your soul, that goes unfulfilled.

And it's that very longing that is the tool that eventually will pull you all the way back out of material existence, back Home, back to your origin. You will cross through the pain of separation, through that longing. You will cross back through the pain that you felt when you separated, in order to return; and the longing is what takes you there.



Eventually the longing inside of you that is never fulfilled becomes strong enough so that nothing but full awareness and full connection will satisfy it: full and complete endless love of God and your eternal relationship with God again, no more illusion. So the longing is your tool.



The longing at its core is your love for God and God's love for you, and it's the thread between you and God that pulls you Home.

Everyone is very afraid to feel the longing in its depth because it's so painful to feel the depth of that longing; but it's inside that very depth of the longing that you feel your incredible desire and love for God and want to return to God. And you start to feel God pulling on you to come, come Home, come back.



God starts to hear you when you are in the depth of that longing and He starts to answer you, and He starts to pull you out of the material illusion back into the light and love.



The longing is the love. It's your love for God and it's God's love for you. It's the thread that will pull you out of material existence back to Him fully.

The longing is the love. The longing will pull you back to God. But you need to surrender to the longing, and you need to understand from a very positive place that that longing in its depth – as painful as it may feel because of the separation – is the very tool that will help you to get out of the illusion and return to God.

In the beginning, the loneliness that you feel is the beginning of the feeling of the longing, but it's still on a surface layer. That's why you need to travel always deeper and deeper to get to the core longing. When you get to that core longing, your prayer through and through will be to God, "Please help me, I want to be with You again."



You will learn prayer when you find your longing. And you'll learn how to pray from such a depth that God does hear your prayer. And He answers you. Inside of the loneliness, even in the shallow state, or the surface state of the beginnings of your feeling of loneliness, there is this longing lying in there to return to the eternal, unending relationship of love that's with the Lord.

As you go deeper and deeper, you will come to realize that nothing of the sense pleasures of this world, no matter how good it gets, will bring you the fulfillment of your longing.



There is nothing wrong with participating in sense pleasures. You just need to engage in them with awareness, and

you need to understand that if you are searching for freedom and for God, then sense pleasures are not bringing you the satisfaction that your soul is searching for. They are not bringing you the fulfillment of your longing that is crying out. They never will. At most it is just a Band-Aid to cover up the “ouch” of the loneliness and the despair that you are feeling in the moment.



And it's difficult for people to surrender to that depth of longing without trying to have a Band-Aid to fix it, something of the senses to cover over that horrible feeling of loneliness and despair. But it's inside of that longing that you'll find your true prayer.



Along the path, you need to know that prayer is the most powerful tool. You can always pray. When you're lost, when you're confused, and when you don't understand what is happening to you at all, you can always remember that prayer is a most powerful tool. No matter what your state, no matter what your situation, you can pray. And as you pray, God is

hearing you even though you may not know that He's on His way to answering you, and you don't know how it is that He will answer you. But you can always pray. You get to the point where you pray so deeply that your life becomes a prayer.

Prayer is not necessarily words formed in your conscious mind, but deep in your heart. It's like a constant seeking, a constant asking, a constant desire to know the truth, and it's a constant prayer to be free from the illusion that binds you. Pray for the experience that you need to bring you closer to God, to come to you, whatever that may be. And pray that you will know the truth directly. Pray to God. You can always pray. You can pray constantly to know the truth and to find the truth. How many will pray to God, will pray to the Lord? To pray to the Lord becomes even more personal, but how many will ask Him for His help, really ask Him for His help? You'll find your true power when you find the Lord. And you will never know your true power unless you find the Lord.



So how many people will go deep into the longing and into deep prayer, and from the depth of your soul cry out and

beg God for mercy to hear you? Because He's just waiting to hear that from you. He will answer you if you want Him.



You've got to find your depth and your true desire to want God purely. And you've got to cry out for God; even if it's silent tears of deep prayer. You can beg God and cry to God without a tear, just in a very deep sober state, and you can cry and really release into deep crying for God.



Prayerful longing is a type of crying that brings you ever closer to God, and when you hit that level of prayer and crying, there's a part of you that knows that God has heard your prayer and that He will start to work with you. There's a part of your soul that knows that God has heard you, and then your transformation starts to speed up and He starts to answer your prayer. Then your longing increases and your prayer goes deeper. Don't fear the longing. Don't fear to pray from your depth, because He will answer you. And don't fear your cry, the cry of your soul for union.

Trust the longing in your heart. In the beginning it just may feel like loneliness and despair that you are very afraid to go into. But if you will go beneath the surface, if you'll cross through the fear and go through layer after layer, you will come to the longing and the prayer that will call God to you, and God will assist you in returning Home. He is responding to your desire. If you want to play in the illusion, He will let you do that. And if you want to come Home, He is there patiently waiting. When you're ready, He will send the proper help to help you.



The longing will pull you out of the material world back to God if you surrender to it. It is the love.



Your soul is covered over by many, many layers of pain and longing. So as you start to truly situate yourself in the depth of your heart, as you start to feel more and more love – which you can't help but feel once you are situated in that depth – you start to feel love, but simultaneously you feel pain. With the love that you feel, all of a sudden there is also pain. If you keep going

deeper into your heart and stay at the depth of your heart, many, many tears will be there. The tears will wash away the pain, and the tears will bring you to the longing. And the longing has you feel more separation. And the separation causes you to feel more longing. And all of this sums up to tears.



To live in that sweet longing doesn't mean that your life is a bummer in God. It's everything. You are completely immersed in the Love of God, yet you feel in that Love of God this longing, and the longing has the love increase constantly. Every second, the love increases because of the longing.



So embrace the longing that you feel in the separation, and embrace the sweet longing that you feel in union with the Lord. He's come to take you Home. And how blessed each person is to go to the depth of the pain from the separation to find their way to the ever-increasing sweet longing that pulls you Home.

The immense pain of the heart is the pull of the longing within, to not be alone and to feel love and be loved. The pain of the longing is itself the love. Do you hear that? The pain of the longing is itself the love. And at the core of the longing is overwhelming love of God, compassionate and ecstatic.



Everyone is afraid to feel such pain. But for one who will trust the pull of the painful longing in prayer, the Lord's embrace and endless love will envelop and overwhelm your entire Being. Try to hear. The pain is His call to come within to Him through all pain and fear. Have courage. It is love and ecstasy waiting deep within the pain. The heart's cry is answered by Him and Him alone.



The longing keeps pulling you more and more into the "everything of God" that is waiting for you, that I'm speaking about, where nothing is missing – where it doesn't matter if you live in a tent or if you live in a mansion, where it doesn't matter

if you just wear rags or if you wear beautiful clothes. There's such an inner fulfillment.



Be Home again. Come Home now. If that is your desire, the help is here now. At the least you do not have to live without the full connection to God and God's love anymore. You can connect again to your lost love with God. And you can increase that love every day. And you can get freer and freer every single day of the rest of your life, and serve the Lord.



Whether or not you want to break free from the cycle of birth and death or whether you want to continue to simply get freer and freer every day and come closer and closer to God, it does not matter. What matters is that you never lose that loving personal connection to God, which guides you through this life and into your destiny, and that you never lose the bigger picture that is happening on this earth.

Your love for God will draw Him to you.



The service to humankind that is happening because of this path is very great, because the more of the love of God that people get, the more they want to give and serve humankind. The more love you have, the more you want to give it.



Your living to give and serve is what will help you to get through the longing, and it's what will pull God's light to you and bring you back into your connection with God.



Life is what we are about: living to the fullest. And God is going to show you more ecstasy than you can even imagine.



What happens when you love God and love yourself and God loves you? You love each other.

Once you're situated within the Love of God, you love all. You have so much love while you're walking in this world once you break free from the illusion. You have so much love, and you have so much compassion for all of God's creation.

When you break free from the illusion, God's love is the real love. When you're situated in that, you are no longer in fear of losing something that's bringing you love in this material world, because you are situated firmly in the Love of God, in the Love of the Source, and you find your way to the true realm within and you're situated there. You're no longer fooled by the illusion in any way.



God's love is so incredible and unconditional and selfless. It lives to give. So the love that's going to come in through the people that transform back to God through this world is going to be very great – the love that comes in is very great, is very much compassion. But it's going to also be the truth; and the truth is that this material world is not your Home, and you cannot find your endless love or your true nature by hanging on to the illusion in any way. You have to become detached from

the illusion in every way – let it go – in order to find your Home with God.

So even if what you want is to help in this world, the way to do it is to break free from the illusion and to return to pure Love of God – selfless, unconditional. So either way you go, the way is to transform out of the illusion back to pure Love. And either your desire will take you back to the realm of spirit at the time of your death – because you're done here and you have finished up your business – or you're just evolving and wanting to bring more love to the world.



There are so many walls built up around the little precious gem that's buried inside of you, and it's that precious gem that is without ego, that is pure love and truth, pure light, that wants to come forth and live in the love and light and truth of God.



There's nothing more glorious that you could be living as a human being to do than to transform back into God, and then to live in God and continue to grow and evolve and

transform and to bring in always greater light and love to this world – so that others can find their way to freedom also.

The gateway's here. The kingdom's here. Home is here. The true realm is here. It's all right here. And the guidance is here. The link is here. It's all here for you. It's all here. You just have to trust. You have to call for that energy of God.



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. 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 it for yourself. You cannot believe; this is not a belief system I am 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.

To break free is the greatest human achievement possible, and it's the greatest service to mankind because it brings to the world a pure love of God.



If you want the love and the light of God, if you want to live in truth, then no matter how great the obstacle, no matter what it is that you have to confront and push through, you will succeed. It can be done. It can be done, and it's based upon your desire.



If you want to find your way to the true realm of existence while you are alive, you have to want God and love God above everything else. There has to come a point in your transformation while functioning fully and taking care of responsibilities – you need to do that – there comes a point that you can do that and at the same time approach God with all of your heart, with all of your being, without hanging on to anything at all.

This simple path to God is not about some concept of enlightenment that you have, that you're going to have some enlightened state. That word "enlightenment" has become such a bad representative of the word to use for living in God's divinity. Because that word "enlightenment" has now become a word that feeds the being of illusion, the ego, and creates a feeling of people just wanting to reach a certain state where they're happy or in la-la-bliss land – all for purposes of the ego. So people have taken the word "enlightenment" and are using it for purposes of the ego, finding some ultimate ecstatic, happy, blissful state in the material world.



You're going to have to come up with many, many solutions in your life forever, while you're in this human form; even when you're fully with God, you have to become even sharper. Your mind becomes like a yogi: very focused, very sharp. You're not in some dream bliss-land. You are in the divine bliss and ecstasy, but believe me, it's not like what you think. You are so real and you are so focused. You can focus on

whatever your mind sets out to focus on, whether it be a material area or spiritual area: fully aware.

You need to learn how to situate yourself in the deepest part of your heart. You need to constantly drop to the deepest part of your heart, and from there you live your life and you transform and you share the love of God. You receive the love of God, you share love with one another from the deepest part of your heart. And what is in the deepest part of your heart is your soul, and your soul is love.



Wake up! Come Home! Everything is waiting. It is love and ecstasy beyond your comprehension. No price is too high to find your way back to God fully and to end the cycle of birth and death. Don't settle for the pitiful existence the illusion offers you. God awaits you within to take you Home, to your origin.

*Come into the light and stay in the light!*

*Kalindi La Gourasana*

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