

Aspire! 

Breath

A Journal of Transcendence

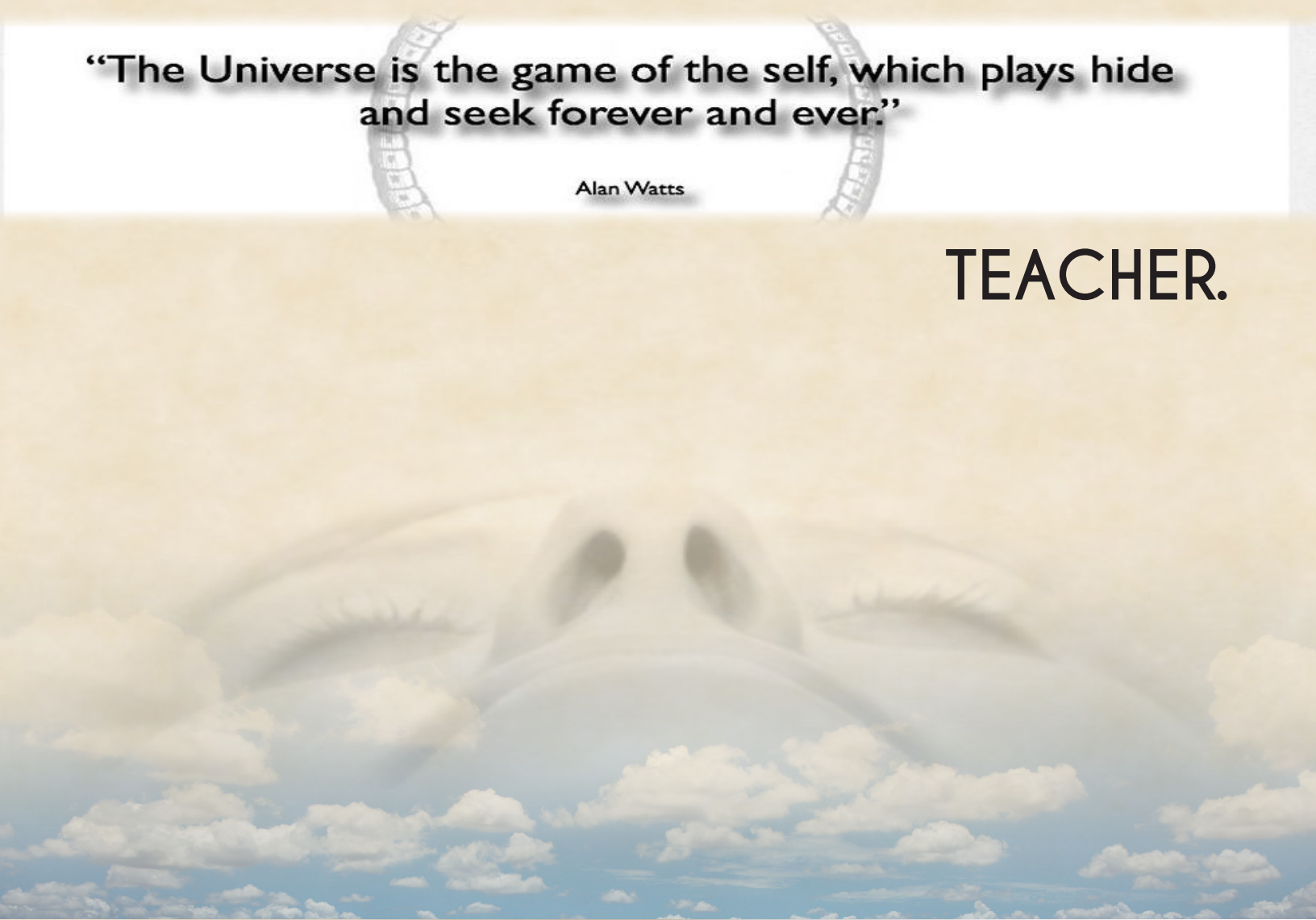
August 2015

THE ZEN...

"The Universe is the game of the self, which plays hide and seek forever and ever."

Alan Watts

TEACHER.



CONTENTS



HAIKU	3
ENOUGH SAID	4
WORKSHOPS	5
FROM WHERE I SIT	6-8
THIS IS TAO, THAT WAS ZEN	9
DISCOURSES	10
DEAR MESSIAH	11
MEDITATION	12-13
I HAVE HEARD...	14
RETREATS	15
POETRY & PRAYERS	16
FINGERS POINTING TO THE MOON	17
SHADOW OF THE WHIP	18
SPONSORSHIP	19

*The obstacle is the Path.
Zen Proverb*

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"...great balance sustains all things."

Chuang Tzu

Statement of Purpose

The word ASPIRE means breath of spirit. This is the true essence of a spiritual practice: to offer a breath of spirit to those who are willing to move into the mystery of the silence of the heart, through meditation.

The spiritual insights intended for the reader, within this newsletter, offer an alternative to conventional thought and religion. The purpose is not to convert, but to offer ways of living that free one from fear. The articles, practice techniques and classes discussed in this publication are designed to help in the quest for individuality, through spiritual awakening.

Aspire is the DBA of Unity of Escondido, a not-for-profit corporation. Gregory Penn is an ordained Unity Minister and is not limited in his teachings by any institution or religious philosophy. He offers a unique method of teaching that does not bind students, nor himself, to any fear-based concepts. Aspire is nonsectarian and nondenominational.

This newsletter is created as a way to become acquainted with the teachings and techniques of the heart that are the root of all spiritual work. Gregory is open to all teachings and Masters whose underlying truths of the heart offer peace, compassion and awakening to Love.



A Breath of Spirit for a Life of Awakening
www.aspire.org

"Teaching is leaving a vestige of one self in the development of another. And surely the student is a bank where you can deposit your most precious treasures." - Eugene P. Bertin

CreativeFan.com

Wait Rightly

A haiku by Basho:

A wintry gust
Disappears amid the bamboos
And subsides to a calm.

What is our so-called life? "A wintry gust disappears amid the bamboos and subsides to a calm." Just a little drama, just a little playfulness and you are gone.

Our so-called life is so momentary that one should not get attached to it. Its only function—only proper function—can be to find the immortal. Hidden behind every moment is the eternal.

But you can go on moving on the surface, never going deeper into your consciousness. You will move for millions of lives on the surface like ripples. It is sheer wastage of an immense awareness that you can open all the doors of your originality, of your creativity, of your beauty, of your joy.



HAIKU

Enough Said

What is a spiritual teacher? How does one come to an authentic teacher who is only interested in helping the student understand the Way?

In this Journal, as well as within my monthly Discourses, you will learn what it means to be a Spiritual Teacher and if you are truly ready for such an experience...with me.

A person must be "sick" of their sickness to be with me. They must go through a great many lifetimes of hurt, pain and sorrow in order to truly appreciate what it means to be with an authentic teacher such as myself.

I play many roles and tricks upon my students to get them to realize what they are doing to themselves. I hope that this issue helps you understand the plight of the Teacher.

We are entering the fall experience and that means that I am diligently working with the Boys on the new meditations that will be offered at Mt. Madonna this November. We will be working on understanding the state of our Karma in everyday life.

Most people simply do not understand why they are here and what they are to be doing in this lifetime. I hope to be able to help my students become AWARE of what

*A Zen master's life is one continuous mistake.
Dogen Zenji*

it means to truly know one's place in this world and how to sustain the kindness that will allow them to awaken to the Love that lives within.

Karma is not here to punish...but to help us purge our fear and hate and live a more conscious life.

May this issue of the Journal be of great help to you... so you may know what an authentic spiritual teacher, myself, is trying to do for you.
Namaste.
Forgive me,
Gregory

THE ZEN TEACHER

What is a Zen teacher? Are they all the same?

A Zen teacher is different no matter where you might meet them. They are like artful chameleons that change with each student in order to "walk in their shoes." The teacher takes in everything and seeks to help the student at all costs to himself.

Why does he do this...ah, because he knows the Karma he/she came into this world with and seeks to change the gestalt of that Karma through service to humankind.

The teacher is willing to give his/her life for the sake of helping one person.

“You should sit in meditation for twenty minutes every day - unless you're too busy; then you should sit for an hour.”

— Old Zen adage —



KARMA



Ignorance



Journey



Quest



Seeking



Transformation

MEDITATION WORKSHOP ~ CARMEL, CA

Saturday, September 5, 2015 ~ 9:30am - 3:00pm

Unitarian Universalist Church of Monterey *(includes lunch)*

Two new meditations will be presented at this workshop. These new Tibetan Pulsing Meditations will be essential to opening up the unconscious and allowing it to be replaced by consciousness. The effort at this workshop will be very important as we enter into the meaning of daily Karma.

\$80 per person

(831) 622-8410 ~ greg@aspire.org

www.aspire.org/aspire-meditation-workshops



MEDITATION WORKSHOP ~ ENCINITAS, CA

Saturday, September 12, 2015 ~ 8:00am - 3:00pm

Encinitas Community Center *(includes lunch)*

This Workshop...will be the final one for the year in San Diego. Gregory will be offering two new meditations to help you bridge your attentions to the state of consciousness where Karma can be reality. You will find this Workshop a must if you are coming to the Retreat in November which will be all about our daily Karma.

\$185 per person

(831) 622-8410 ~ greg@aspire.org

www.aspire.org/aspire-meditation-workshops





By Gregory Penn

FROM WHERE I SIT

Karmaphala Karma: The Teacher

What is a Teacher? How should one look at them?

First a story:

A man came to a Zen Master and asked, "I would like to become a Buddha." And the Master hit him hard.

The man was puzzled. He went out and asked some old disciple, "What kind of man is this? I asked such a simple question and he got so angry. He hit me hard! My cheek is still burning. Is it wrong to ask how to become a Buddha? This man seems to be very cruel and violent!"

And the disciple laughed. He said, "You don't understand his compassion. It is out of this compassion that he has hit you hard. And he is old, ninety years old, just think of his hand—it will be burning more than your cheek! You are young. Think of his compassion, you fool! Go back!"

And this disciple said, "The message is simple. If a Buddha comes and asks how to become a Buddha, what else is there to do? You can hit him and make him aware that you are it. What nonsense are you talking about?"

This story is so very important. It is the story of my life with my students. They do not seem

to understand what it means to have a teacher and what it means to be a student. But the Zen story above truly puts this in perspective.

I have been a teacher since 1973. I have worked with hundreds of people who have come to me in order to find "answers" to problems that they have created both in this world and from previous lifetimes. I do my very best with them and try to show them how to overcome their ideas of reality, which are simply fantasies that they have conjured up through the need for emotional satisfaction. Most of the people

that have come to me in the many years of my teaching life gave up the effort due to the heredity of inherited characteristics that are found in their genetics.

In other words, they abandoned their spiritual journey due to the fact that their biology could not sustain the disciplines of an authentic spiritual practice. Rather, they opted for a generic life with family and babies...etc.

You see, the "Teacher" is one who goes against the grain of heredity and seeks to offer the

student a chance to find something other than what is called "trait inheritance" patterns that simply make the person nothing more and nothing less than what the parents were. For many, this is all that can be hoped

TEACHER:
WHY CAN I HEAR TALKING?
STUDENT:
BECAUSE YOU HAVE EARS.

for in this world.

When I was ordained a Unity Minister, I took to heart the idea that my job was to serve humankind. I was NOT there to spread the message of a religious organization. My colleagues differed with me. It made my job and my effort with people very difficult. But these are the fires I had to pass through in order to fulfill my deep devotion to serving humankind.

After some years of vigorous training, it became

apparent to me that to become a Teacher meant that I had to also be the student at the same time. This was deeply intriguing to me. I consider my students, my teachers. I do everything I can to sit at their feet and listen to what they are showing and telling me about their lives. It is from here that I find that I can at the same time...teach.

I give them what I need. This is what it is to be a Teacher of Zen. But there is more to it...far more to it than just this.

A Teacher is a person who is the student and then the teacher, over and over again. In all of this one thing becomes so very clear, and that is that nothing can be imparted to the student from the Teacher unless the student is in harmony with the Teacher. If this union does not exist, then the Teacher is not effective.

When I begin to teach, it is important to me that I reach out and offer harmony to the students. I offer a certain energy that invites them to come and join me where I am no more a "Gregory," but a Teacher/Student along with them. Few people ever pick up on this. I become the bridge to their other shore experience.

But most of my beloved students see me as "The Teacher," who knows more than they do. This is simply not true. I am ONE with them and seek no higher hierarchy with them. But they do not see it that way. In their unconscious minds there must be one that is higher and one that is lower, and the higher one must teach the lower one. All of this is sheer ignorance and leads to mischief.

Allow me to help you understand. As the Teacher, I have to use every means within the Heart to get the attention of the student. In fact, this is just what my job is as a Teacher. All I have ever wanted from my students is their attention. If I could have their total attention without interruption from the inherited mind, I could help them come to the place where they would totally

*Man and woman, master and student.
They depend on one another. They
are completely independent, and yet
dependent. This is the way that we live and
the way we practice Zen.
Shunryu Suzuki*

understand without a word being spoken!

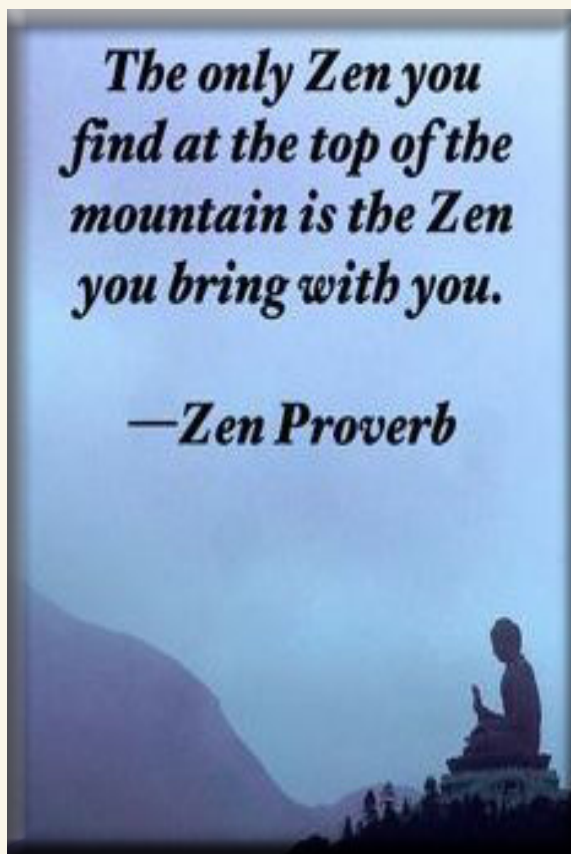
But, typically, the student is running around within trying to fit what I am trying to offer into the small minded place where logic and reasoning meet, and hence make "sense" to the student. This sense only diminishes their ability to see into the meaning of what I am offering...which is nothing less than the Wisdom that they are!

I offer nothing "new" for them. I offer the chance, as the Teacher, to garner their attentions and hone them into a focus that liberates them to consciousness. It really is that easy.

If I have the attentions of my students, which I have rarely had in my career, the teaching actually teaches itself. I have merely been the conduit for it all to happen.

There has to be a point where the student takes the time to really hear what is being offered. There is an old saying in Zen: "Don't bite my finger; look where I am pointing." This is so very true. Instead of fighting me for self-righteousness, it would be better just to listen to my silences. Yes, the pauses and gaps between my words where the real message is being offered.

But in this world and in this culture—words are



everything. Hence, many words must be uttered in order to get the attention of the student to enter into the wordlessness that is Love. You see, Love is without thought and without the need for words.

So, what must I do in order to help the student come to the place where they can give me their attentions? This is the difficult one. You see, if I get their attentions and I show them exactly what is going on within themselves as a block to their awakening, nine times out of ten they will become offended.

When the hubris of a person is offended, it is hard to get their attentions again, ever! Here is where the resolve of the student comes into play. If they have the correct inner aptitude, the student sees what I have done as an honor and a blessing. From there they will move more deeply into themselves and achieve awakening.

But, sad to say, most of them just get angry and react in the pedestrian mentality. Not much is gained here but bruised egos and deep resentment.

You see, the Teacher is never in a good place with his students. It is the nature of the Karma for both to be at odds with each other. The Teacher trying to serve the student with insight and the student trying to preserve the hubris in order to sustain self-righteousness.

The resolve of the Teacher is impervious to the willfulness of the hubris of the student. So the student must sit in the juices of the ego and decide if they are going to sit in this "honey pot" of shit for the rest of their lives. Most do.

This is why Jesus said: "Many are called but few are chosen." This means we are all called to the practice of the Work as an invitation, but few ever really hear this call for what it is and choose to live within it in order

to mature into Love.

Many come and many go. The reason being that people are fascinated with their own idea of hope for their future and wanting everything to be as they want. The practice, itself, is secondary. People's idea of what they will get from a practice is primary.

People have their idea of what a Teacher and a practice should give them. But when Reality gets in the way of their life, most people get hostile.

I teach through irony and example. I use Gestalt Therapy to show the incongruousness of living in the mockery of the Soul. When a student "gets it,"

they are for a moment shocked because they just can't believe that they are that "far gone." But they are. It is my honor and my job to help bring them back.

The real sad part of my efforts is that most people do not want to be brought back. They are stuck in the humdrum of hate and fear, seeking to get out of it through materialism and gratification.

To be with an authentic Teacher is difficult, but an honor. I have had a few in my lifetime. I seek

to give to my students that which was imparted to me through transmission and experience. Few people know my Heart. Fewer, indeed, care to know my Heart. For if they did...they would realize how deeply devoted I am to them and that all I ask is for their attentions.

I hope this helped you.

Please forgive me.

Namaste.

"Zen meditation is often misunderstood as a practice of stopping thoughts or having no thoughts, but it's actually a practice of noticing thoughts. Zen is not about eliminating thoughts but illuminating them."

THIS IS TAO

TO SEE THINGS IN THE
SEED, THAT IS GENIUS.

LAO-TZU

THAT WAS ZEN

It is important that the person who is the "teacher" is able to see the "things in the seed" that would help the student come into flourishing.

To do this, the Teacher must often tell the student aspects of themselves that can be very unnerving. It is important that the teacher do this. Otherwise, the student merely believes that they are on the authentic journey when they are not.

At times this can be very insulting. If the student can follow the teacher into the things that allow the seed to become mature, there is a great deal to be gained. If you can allow your teacher to show you how your Karma works and how important it is that you understand it on a day-to-day basis (fall Retreat), you will understand the "things" that could and would help you come to consciousness.

It all depends upon how willing you are to allow for Love to reach you. The teacher knows what is going on within...both you and the life that they live. The teacher knows why you are his student. If you can be patient, you will see the opposite is true as well...you will know why you are with this teacher.

From here a great deal of insight can be experienced.



*The further one goes,
the less one knows.*

Lao-tzu

Monthly Discourses

Karmaphala Karma: The Teacher

This month Gregory offers the insight of how to live with your teacher! Yes, how to live with the Siraj that lives within you. This will be a very powerful month of Discourses for you.

The full set of four Discourses for this month is offered to you for a donation of \$60.00. To save money, you can donate a year's subscription for \$625.00 or a half year for \$325.00. Call 1-800-ASPIRE2 to order or e-mail Gregory at greg@aspire.org. All donations are tax deductible and used to purchase more air time for Aspire.



What is A Teacher?

What is a spiritual teacher? How do you know if the Teacher is for real?



Who Is Teaching?

There are many different methods of teaching and Teachers. But who is really teaching?

The Risk Of Teaching

Any authentic teacher takes the risk of hurting the student in order to help them.

What Can't Be Taught

In the end, what can't be taught...must be caught by the student. Ah, much will happen.



Dear Messiah

Greg:

How you teach is very difficult for
me. You are far too candid
for my tastes.

Alivia
San Diego, CA



Beloved Alivia:

I totally understand. I would rather you say this to me, that I am too "candid," than to placate you and be misunderstood. I try to be as direct as I can. At times this is more than the timid can deal with.

If a person is self-conscious, they are protecting their hubris and living to ignore what is really affecting them. I do not know if this is true about you...nor do I know if you would know, yourself.

But I am a very direct person. I do not have time to placate the ego with pseudo-politeness. I would rather have you leave my sessions, Retreats and Workshops with your feathers ruffled than to leave pampered.

Why? Because then you will know, you will understand what has been missing within you and there will be no doubt that I have planted a seed within you for awakening. Maybe not in this lifetime, but one to come. I will help make you ready for a teacher, such as myself, who will be able to help you...when you are ready for help.

You could ask any of my students about how I have insulted them. Every one of them...at one time or another. But every one of them knows that it is not personal with me and that I do what I do in order to help them. They know this.

If you could come and hang around with me in my effort to help you...you would see what I mean. I care and I am trying to get to the authentic YOU...and sometimes it hurts both of us.

Please forgive me.
Siraj

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Aspire!





Teaching Meditation as a Lifestyle

Meditation is many things. At first it is a technique. Then it turns into a state we experience beyond emotionality. After that it becomes an integral part of our day as we practice it either at the beginning of the day or at the end, or even both!

But when meditation turns into a lifestyle and then into a way of life, that is when we begin to realize the meaning of meditation.

What do I mean by a lifestyle and a way of life? When meditation becomes a lifestyle, we begin to do everything meditatively. This means that we slow down and allow the observer to watch everything we do and just allow for the watching while the “doing” goes on without effort. This is so very important for all of us to achieve.

So when I tell my students that they need to make their home an Ashram, I mean that they must place meditation in a position whereby they can allow for a profound Love to exist within the very core of the home as gratification once did.

This seems to be a tall order for most people. Most of us are so busy all day at work that we just want a place to “flop” and “veg” out. To live in such a manner is the ol’ “Barcalounger” mentality that the pedestrian mentality worships so readily. There is nothing I can say to help this

mentality.

But if you are working upon yourself, it is obvious that one cannot take two steps forward and three backwards. There must be some progression to supplant a loving kindness into the environment that we live in that becomes the ambient energy that sustains an authentic spiritual practice.

My Master told the story of the Box to us many times in order to help us understand the meaning of proportion and symmetry. They are very important, as they reveal the state of the mind and how we have used it in our life.

Here is the story...I love so much.

It happened once that a Chinese Master had an American disciple. When the disciple was going back the Master gave him a present, a small carved wooden box, and he said, “One condition always has to be followed; if you give this box to somebody else, then the condition has to be fulfilled. Promise! Because I have been fulfilling this promise, and this is not a new thing. It’s a very ancient thing and for many, many generations the condition has been fulfilled.”

The disciple said, “I will fulfill it.” It was such a beautiful thing, so valuable, so ancient, he said, “Whatever the condition I will fulfill it!”

The Master said, “The condition is simple: you have to keep it in your house facing east. And this has always been done, so be respectful to the tradition.”

The disciple said, “This is very simple, I will do it.”

But when he put the box facing east, then he came to understand that it was very difficult, because his whole arrangement in the



*You yourself must make the effort. The
Buddhas are only teachers.
The Dhammapada*

drawing-room became absurd. That box facing east would not adjust. So he had to change the whole house. Then the garden became absurd! Then he felt exhausted. He wrote to the Master: "This box is dangerous! I will have to change the whole world-because if I also change my garden, then next it will be the neighborhood..."

Yes...symmetry is important to the person who can feel the essence of meditation within. To those who do not, the clutter of a house merely grows as does the emotionality that lives within. I know many a person who cannot seem to understand that living in a house of chaos simply does not help them sustain the practice.

It is difficult to teach people the Way and it is even more difficult to suggest that the house they live in should be a place of great JOY and playfulness. A place where meditation and the vibrations of meditation can echo through and out of the house.

I have taught meditation for many years and I find that the way a person lives in their home is the way they live in their minds. That the environment is the ambient of the practice a person may have. It is not a matter of taste...it is a matter of being conscious enough to know Love.

I hope this helps you.

Zen Things

1. Do one thing at a time
2. Do it slowly and deliberately
3. Do it completely
4. Do less
5. Put space between things
6. Develop rituals
7. Designate time for certain things
8. Devote time to sitting
9. Smile and serve others
10. Make cleaning and cooking become meditation
11. Think about what is necessary
12. Live simply

SYMMETRY & MEDITATION

ONE: Feeling the proportion of your inner being and how important it is for you to experience this in your home is a matter of maturity. As a person matures into the practice, something of the "other shore" begins to overtake the state of our minds as fear, hate and emotionality once did. From here change becomes important.

TWO: Your home is the ambient of your practice. Look around and observe what is happening in your home. How does it feel? Does it reflect your inner state of being? Is it reflective of your nature that is about emptiness? This is of upmost importance.

THREE: Find the place where you meditate in your home and work out from there. Make every room a place where the meditation reaches and sustains peace and compassion. This is so very important to help keep your mind in the proper symmetry.

FOUR: In your living space let there be that which offers quiet. Let your home reflect the depth of your inner silence. Let everything support everything else in the house. Your meditation center supports your kitchen, your bedroom, your living room and then your whole house.

Put everything in its place and feel the space that comes from living in proportion to your inner state of Being. If you can allow for this, you will find that meditation takes on many new forms within your formal practice. Now you will feel the kindness of your house supports the compassion of your spiritual energies and everything is working as a Oneness to bring you to simplicity.

May this all serve you well.

I have heard...

Complaints, Complaints, Complaints!

A man entered a Trappist monastery, and the abbot said to him, "This is our rule in the monastery; you can speak only once in seven years."

He accepted it, and he was shown the cell where he was to live. He thought, "My god! The glass of the window is broken, and the cell is a very small cell, just enough to lie down in."

Rains came, and the water would come inside. He was suffering from cold, and all his clothes were wet, but he could not speak. So, for seven years he suffered the rain. The rain destroyed the mattress, and his health also.

But after seven years he ran to the abbot, and he said, "You have given me a cell which has no glass in the window. I have suffered too much from the rain."

The abbot said, "Enough! Glass will be put in. Just go back and for seven years, no more speaking."

New glass was put in, but when he went back to the cell, he remembered that the mattress was completely rotten. But now, seven years...So he waited for seven years with that rotten mattress, with all kinds of cockroaches and rats.

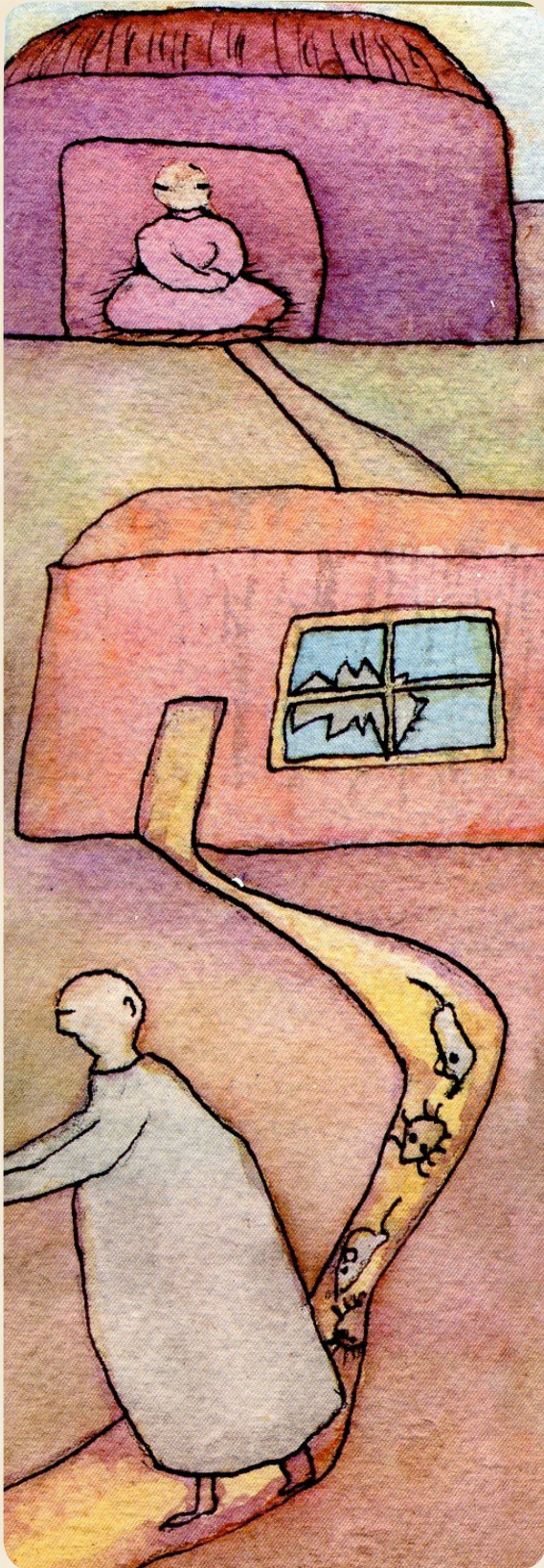
After seven years he went running to the abbot, saying, "You put in the glass, but I forgot to tell you that the mattress was rotten, cockroaches and rats and all kinds of animals are moving inside the cell. Please move that rotten mattress, and remove all the cockroaches and rats."

The abbot said, "It shall be done—but no more coming here for seven years!"

So the mattress was removed, the cockroaches and the rats were removed, but the people who brought the new mattress...It was too big, so they forced it and broke the glass!

Now it was too much. He could not believe that he would survive another seven years, but he survived. After seven years, as he approached the abbot, the abbot said, "Don't speak a single word. Since you have come into this monastery—complaints, complaints, complaints! I never hear anything else. Just get out of here."

The man could not say even what he had come to say. He was thrown out of the monastery. After twenty-one years, this was the only result.





KARMA



Ignorance



Journey



Quest



Seeking



Transformation

COST & REGISTRATION

The cost for this Retreat depends upon the kind of room you wish to reserve. Room rates and registration forms are available online at www.aspire.org/events/retreats.

To register for this Retreat and/or arrange payments for your Retreat, please call Carolyn Molloyhan at 760-729-9025.

You may also order your Retreat information by calling Gregory at 831-622-8410.

Karmaphala Karma

The Karma: Everyday Karma

November 16-20, 2015 - Mt. Madonna



What is everyday Karma? It is how we interact with our lifetime through Karma. It is about learning how to recognize the signs that point to things that are very important to our lives. Within this beautiful Retreat, Gregory will offer to you a chance to recognize the Way when you are in the middle of your day and not knowing what is happening or why.

Of course you will be offered Tibetan Pulsing Meditations that will help you become more CONSCIOUS. It is only through consciousness that we begin to realize what is behind everything that we are doing. Each day we are given a chance to come to full awakening. This awakening is about recognizing what is before us is always within us.

Come and be with us as we move deeply into conscious living and begin to understand that by "chopping wood and carrying water" we can actually change the way we live on this earth and realize the Karma that we are made of.

Join Gregory for his September Workshops either in Carmel or Encinitas... as a prelude to this Retreat. It is very important.



ADDITIONAL INFORMATION ABOUT THIS RETREAT IS

AVAILABLE AT

www.aspire.org/events/retreats

Living as we do, we miss the essential. To be regained in the essential all we must do is give our attentions over to that which indwells us...

That being the Karma that is leading us to the Soul.





Poetry & Prayers

The Teacher

I see the faces of my students before me,
- curious, alight, beloved.
I am excited about the journey we will make,
- so much to share, so many possibilities
I want them to see what I've seen, feel what I've felt,
- the joy of discovery, the wonder, the opening.

I see the faces of my students before me,
- reserved, withholding, uninspired.
I am determined to give my very best teaching
- to be clear, to be compelling, to provide insight.
I carefully show the path, wanting them to see
- the obstacles, the solution, the simple truth.

I see the faces of my students before me,
- judgmental, closed, uninvolved.
I am a little sad, a little lonely
- their understanding was fleeting, shallow.
I have no companions of discovery
- they have not chosen the path.

I see the faces of my students, and I am alone.

Kavisho, Apr. 2015

FINGERS POINTING TO THE MOON

....The Sound Of One Hand Clapping

Donation: \$40.00

This series can be seen on the Aspire Web site at all times. The 4 CD set of all eight Discourses in this series is available as a download from the site as well.

Within this series you will find out how to live with the sound of utter silence.

Teaching this to you through TV and audio CDs...will offer to you the importance of what it means to remain in silence...deep within you.

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THE SHADOW OF THE WHIP

The Buddha used to tell the story of the three different kinds of race horses in order to help his sanniyasins understand the level of pain, relative to the person, necessary to receive the Divine message. The poorest horse ran because he felt the pain of the whip to the marrow of the bone. A better horse ran because he felt the pain of the whip on his skin. But the best race horse needed only THE SHADOW OF THE WHIP. These stories hold both WISDOM and PAIN. They can offer pain to the marrow of the bone, or if you are so willing, they can be merely THE SHADOW OF THE WHIP.

Date-Jitoku, a waka poet,
wanted to master zen.
With this in mind
he made an appointment
to see Ekkei,
abbot of Shokokuji in Kyoto.

Jitoku went to the master full of hopes,
but as soon as he entered the room
he received a whack.

He was astonished and mortified:
no one had ever dared to strike him before,
but as it is a strict zen rule
never to say or do anything
he withdrew silently.

He went at once to Dokuon,
who was to succeed Ekkei as abbot
and told him that he planned
to challenge Ekkei to a duel.

"Can't you see
that the master was being kind to you?" said
Dokuon." Exert yourself in zazen and you
will see for yourself
what his treatment of you means."

For three days and nights
Jitoku engaged in desperate contemplation,
then, suddenly, he experienced an ecstatic
awakening.

This satori was approved by Ekkei.

Jitoku called on Dokuon
and thanked him for his advice saying: "If it hadn't been for your wisdom
I would not have had such a transfiguring experience.
And as for the master,
HIS BLOW WAS FAR FROM HARD ENOUGH."



SPONSORSHIP

unconscionable generosity

It is Year End donation time. I am deeply grateful to our Mystery Donor who will be matching every year end gift that is being offered. He will even match Sponsorship if someone becomes a new Sponsor. We need more Sponsors, as it is hard to sustain Aspire without them.

If you are not a Sponsor, I hope through the Year End 2015 program that you will sign up. Everyone who does will help me serve humankind through Hospice and all the work I do to help people who are in need that society simply ignores.

When you become a Sponsor...it is like two for one. Our Mystery Donor will match your loving kindness. Please help.

Bless you...my dear one.

Dear Gregory:

When I found you again my heart skipped a beat. You are precious to my husband and I. We love your offerings on the Aspire web site. Thank you, thank you.

Sincerely
Denises
Florida

The Beatitudes

The most important series that I have ever offered is in the works right now.

As many of you know, I am waiting to see about my health and when I will be able to shoot the new programs on the Beatitudes.

As soon as I can...we will roll. Much is happening in my life right now and I have to take it one moment at a time.

There is nothing serious going on here...it is just a matter of timing. So please be patient.

Bless you...

Metta, Gregory



August Message of the Month

"Blessed are they that do mourn for they shall be comforted." ~ Jesus



A series of eight programs based in the essential teachings of reaching Love

EVENTS



with Gregory

LIVE DISCOURSE

Every Saturday - 9:30 am
Carl Cherry Center
4th and Guadalupe
Carmel, CA
(Free Will Love Offering)

MEDITATION CLASS

Monday Evenings - 7:00pm
Carl Cherry Center
4th and Guadalupe
Carmel, CA
Donation: \$25.00/class

MEDITATION WORKSHOP

Carmel, CA
Entering Into Karma
Saturday
September 5, 2015
Donation: \$80.00
Includes Lunch

MEDITATION WORKSHOP

Encinitas, CA
Entering Into Karma
Saturday
September 12th, 2015
Encinitas Community Center
Donation: \$185.00
Includes Lunch

EVENT REGISTRATION

Phone:

831-622-8410

E-mail:

greg@aspire.org



You cannot teach anyone anything! Life is an IS and not a thing!
Bodhidharma



Watermelons and Zen students grow pretty much the same way. Long periods of sitting till they ripen and grow all juicy inside, but when you knock them on the head to see if they're ready-sounds like nothing's going on.
~Peter Levitt



A Breath of Spirit for a Life of Awakening

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