

Aspire!



Breath

A Journal of Transcendence

July 2015

SOUND OF
SILENCE



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Silence is the language of god, all else is poor translation.

Rumi

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TO SUBSCRIBE

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*Never tell your problems to anyone...20% don't care
and the other 80% are glad you have them.*

Lou Holtz

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

silence SPEAKS

Last Words

Just before his death, Basui turned to the crowd that had gathered around and said in a loud voice;

Look straight ahead
What is there?
If you see it as it is
You will never err.

He is talking about inside. These are his last words; he is saying, "Look straight forward!" He is not telling anybody, he is simply saying it to himself, look straight ahead. What is there?—just a pure clarity, a silent sky, an eternal silence. If you see it as it is, without any preconceived ideas, without any religions and philosophies—just as it is—you will never err. You will never make a mistake. You will reach directly like an arrow, and hit the moon.



HAIKU

Enough Said

This is Retreat month, as many of you know. We will be total SILENCE in this Retreat. It will be very important for all of us. Much goodness will come out of this. I have three new meditations and, of course, a new Ambient tone CD that will be offered. You can see them and sample them on the Aspire Web Site. They are simply beautiful.

This month I am devoting this Journal and my Message of the Month and Discourses to the art of SILENCE. I hope that you find what I am offering to you of great value. In the end, it is all about how quiet we can become.

I am working diligently to sustain my services to humankind while I create the new series on the Beatitudes. As you may know, I have some surgery coming up and I want to be recovered so I can offer my best to you in this very important series. Please be patient with me.

There is a great deal of silence with-

A jug fills drop by drop.

Buddha

in me about the meaning of my relationship with Silence and my students. It is time for me to move into the place where I can better serve my students through what is gained through meditation and inner work.

Please know that I am honored that you are reading this Journal. Bless you...dear one.

Forgive me.

Metta
Gregory

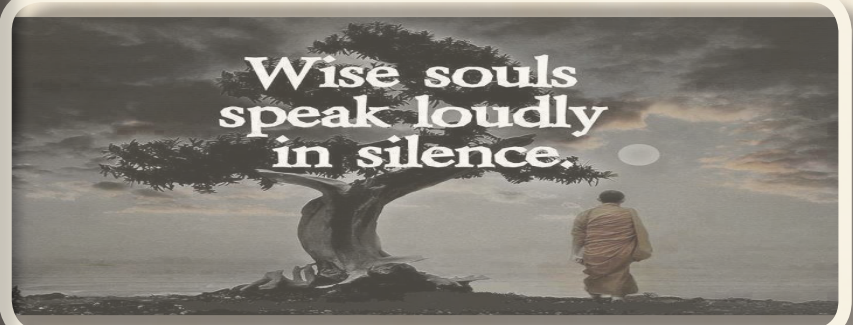
SILENCE

What is this thing called SILENCE? It is what ceases our harsh cacophony of deafening messages from the emotionality of our fears.

Silence is the clarification of inner direction. It brings the wisdom of the Soul to our attentions.

When SILENCE is brought into our scope of living we learn how to keep the balance of living in the world but not of it...on a daily basis.

Silence is the answer to everything in our life... everything!





KARMA



Ignorance



Journey



Quest



Seeking



Transformation

MEDITATION WORKSHOP ~ CARMEL, CA

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

Unitarian Universalist Church of Monterey *(includes lunch)*

The Workshop will be all about preparing students for the Fall Mt. Madonna experience. Two very new Tibetan Pulsing Meditations will be presented and it will be important to be mastered by these meditations before our Retreat experience in November.

\$80 per person

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

www.aspire.org/aspire-meditation-workshops



MEDITATION WORKSHOP ~ ENCINITAS, CA

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

Encinitas Community Center *(includes lunch)*

In this Workshop...Gregory will present two new meditations that he offered at the Carmel Workshop this month. Again, everything that Gregory offers will help you find and sustain an authentic spiritual practice as a way of life. This is a very important event for all of us who are coming to the November Retreat.

\$185 per person

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

www.aspire.org/aspire-meditation-workshops





By Gregory Penn

FROM WHERE I SIT

Karmaphala: Silence

Hearing what we can't listen to

As we enter into this very important experience called Silence at our Mt. Madonna Retreat, I find myself feeling deeply moved by the offering that will be given to my students this month.

The "Boys" and I have created for my beloveds a very special experience through the new Tibetan Pulsing meditations. We will be living and breathing for a week...nothing but the tones of Silence in an environment of profound stillness. This is a rare experience in the spiritual effort that most people have.

The derivative of placing silence in our lifetime is that it breeds insight. Insight that cannot come through the mind and its logical patterns of rational thought that we so enjoy in our daily life.

What is very important is that we learn how to listen when we are in meditation. This listening is profoundly important. You see, there is much more being said as we learn to listen to the tones that offer a complete resonance to the state of our Being.

When my Master would speak, in the beginning of my time with him, I could only hear his words. Words were simply the bridge to the real message that he was offering. This offering came in a language that our minds cannot speak. This makes for a great deal of

misunderstanding.

So when I was sitting there in Discourse and trying to rationalize my mind through his words, I found that I was always confused and bewildered about what the authentic meaning was of his offerings.

I was not alone in all of this. Many of the people who were there with me, in fact most of the people who were there, were no better off than I was. We would all have tea after Discourse and talk about what "he" said and

it was amazing how many of us had listened to the same Discourse, but conjured up different meanings. Some made "sense." Others did not.

All of this was pure conjecture due to the fact of the

matter which was that the Master was speaking in a hidden language that the "Gregory" mind could not hear.

So once I was exposed to the Tibetan Pulsing tones that accompanied one of the meditations we were using at the time...something extraordinary occurred. I could hear through the basic intent of the Heart what was truly being taught to me. This was so amazing to me, for a whole new meaning was coming about.

I was so deeply moved by all of this. I realized



how chatty I was and how I used my mind to only create enough noise in order to never realize the Heart of words that were being offered to me by not only the Master, but my friends as well.

This occurred many years ago and now I am more adept at listening than I ever was...to that "still small voice" that lives within us all. Now instead of just listening to the emotionality of ol' Gregory I can hear other things occurring, even as I write this article to you right now. All of this is not coming from my thoughts...but from that "voice" that speaks in silence.

Much of what I do as a teacher is wordless. Most of my students can only hear words...so there is a huge chasm here between us. I offer monthly Discourses that are deeply important to the mind-set of a person who is seeking to understand the Way. But it is not just in my words that I am teaching. My words merely point to the gaps and pauses between the words. It is in these simple gaps and pauses that the real meaning of my Discourse is heard.

It takes real patience to master this art of watching and listening. If the mind is busy seeking what it is told it should be wanting through the emotions, then very little can be heard or realized. But when we add the silence to it all...something extraordinary occurs, something otherworldly.

Now, to achieve this there must be tone. Yes...a tone must be present within us—resonating and vibrating at a very subtle level in order for there to be a way to position our attentions beyond the noise of the mind.

I will be giving you the tones of silence at Mt. Madonna in the new meditations. But there will be other tones in and throughout the fall that will be presented to you which will also sustain the vibration of consciousness.

Please do not think of these tones as a shortcut to awakening. They are not. They do intensify the

*He who does not understand
your silence will probably not
understand your words.
Buddha*

experience of awakening, for sure. But the tones and the vibrations must be taken into the lifestyle of a person's life in order to really help them. This means

that we must let the tones live within us and allow them the place within to sustain consciousness rather than fear and hate.

Do you remember the story of the disciple who had the master who gave him a box? The box had to face the south-east corner of his home at all times. The master then left and came back months later, only to find that the disciple had had to rearrange his entire house to allow the home to fit the box. The symmetry was very important.

This small box changed not only the symmetry of his home, but his entire

life. The disciple asked the master what was in the box. The master said to him, "The emptiness that is Love."

This is exactly what tone is. It is the box that needs to be placed in your inner house of being. It is vital that it is there...allowing for its presence to change the way we listen and live.

For the most part, many of my students simply do not want to have this kind of change. People do not want to change because it requires effort and every effort



that we make must have some reward behind it all.

The only thing I can really say to this is that the change we all need is to feel the oneness of Life and our place within it. It is here that we come to hear what we are living for and how to allow this living to become the life of our consciousness.

Karma is a big part of all of this. When we come to the Retreat it must be very important to just listen. The mind that you and I have cultivated through noise and fear cannot be overcome. It must be abandoned through tone.

In other words, we must be more interested in the tone than we are in the thoughts themselves that keep us in fear and living in a hate that has become so common place that we believe it is normal.

I will offer you this at the Retreat. I will give you the tones and methods for silence. But you must do your part. You must step away from the personality and ego state that has run your entire lifetime. You must be willing of silence and learning this language. It can be done, but it will take a Heart filled with gratitude and compassion to do it.

May I suggest that you do all you can in the time you have before the Retreat to get very simple. The more simple you are, the more profound will be the contrast between silence and noise. It is here that we find the clear path to silence through simplicity.

So get simple. Eat simple food, clean your house in simplicity. Speak only what needs to be spoken and do not keep reiterating yourself in order to just hear your own voice. Stop worrying about what people think of you, for nobody likes you anyway.

If you can maintain this inner sense of discipline, you will find that something changes within you. A new attention will occur. The box will be placed within you. Then when it is there, do not ignore it. Rather celebrate it by moving your attentions all around it.

This means to let go of everything that keeps you from being silent. Let silence and simplicity be your essence. Watch how the mind wants attention through distraction. Observe without guilt and judgment what the distractions are all about. You will see that they are merely emotions that have been allowed to become obsessive.

Most of us indulge our obsessions far too much. This is why we have such difficulty with silence. So instead of getting all uptight about it... do some catharsis. We will be doing our usual catharsis at Mt. Madonna. But you might want to practice diligently before you arrive. It will help you in so many different ways.

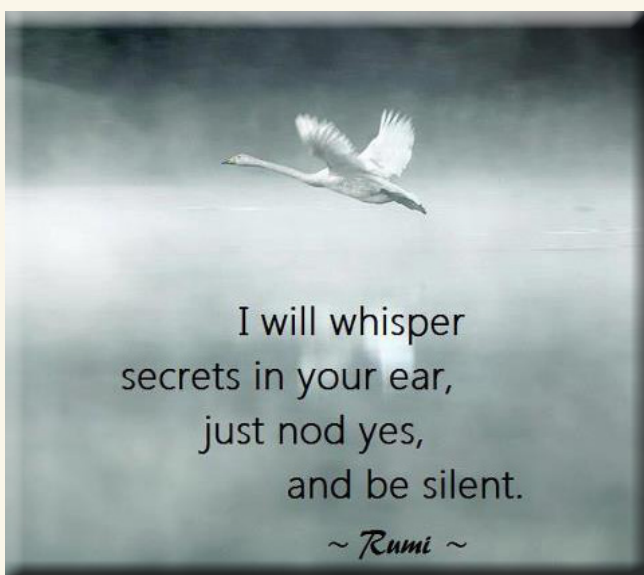
Well, there you are. Much is going to happen. I have a very important Commentary for you just before you leave for the Retreat and I hope that you will take the time to read it. It will set the tone for what we will be

doing together this summer.

Taking time to come to a Retreat is very important to your Heart and Soul. In the end, though you may not believe it, you and I answer to the Love that we have ignored. We seem to have no regard for Love, nor any real interest in the Heart. But I can tell you with a sense of real Truth that the only thing that really matters is Love.

Love is awakened within us through the practice of tone, silence and meditation.

Namaste.



THIS IS TAO

IF YOU CORRECT YOUR
MIND, THE REST OF YOUR
LIFE WILL FALL INTO
PLACE.
LAO TZU

THAT WAS ZEN

How do we correct our mind? Ah, it is so simple that it eludes most of us. All one has to do is not plug our attentions into the state of our emotionality. It sounds simple...and it is...but is it?

To achieve this we must be willing to no longer allow the state of our emotionality to overwhelm us through hate, fear and of course our old friend-gratification.

You see, our lives follow the state of our mind. This mind is more than just "thinking." This mind is the amplifier of our deep inwardness. It cannot be hidden in any way. We may like to believe that we can hide our "thoughts" of fear and hate, but we cannot.

What we need in our lifetime is a new mind. A mind that is no longer at odds with itself. This is very important to understand.

This summer we will enter into silence, and it is only through silence that we can really understand the state of the mind that we have cultivated throughout our lifetime.

When we see how split the mind is and how it is used to cause war within our elements we can in the same moment-cessate the tragedies of our lifetime in one swift moment.

Then the rest of our life will fall into place.



*Silence is a source of
Great Strength*

Lao-tzu

Monthly Discourses

Karmaphala Karma: Silence

The following Discourses are all about the Silence of Being. They are essential to not only our Retreat, but the well being of us all. May you have the ears to hear.

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.



Silence

What is authentic silence? What is the meaning of silence within our noisy mind?

Silence As The Voice Of No-thing

In silence we learn a new way to speak, a new language as it were. This will be a very important Discourse for all.



Mindlessness To Mindfulness

Living to recognize thoughts for what they are. Now are you ready for a no-mind...and to come to the mindfulness of Love through meditation?

Surrendering To Silence

How to make silence the language and the mindfulness to surrender to Love.



Dear Messiah

Dear Greg:

How can anyone practice your teachings and still live in this world? Your teachings seem to be anti-world and anti-marriage and family.

Can you please clarify yourself?

Thank you.

Geneva



Beloved Geneva:

Yes, Geneva my teachings are strange. They belong to the “other shore” of which we all live in but do not recognize.

I love the world, but I do not allow the “world” to live in me. I teach not to live by the standards of this world with its hate and fear. A more accurate way of looking at my teachings would be to learn how to live in the world but not let the world live in me.

The world is full of fear and hate. People are lost in their esteem of themselves feeling guilt and shame for their past or what occurred in their past. My teachings are to help those people realize the Karma of it all and to be liberated from their interpretation of Karma and the events that occurred that make them so shameful.

As far as family is concerned, I am not the kind of person who believes in the tribal belief that “blood is thicker than water.” I have seen over the many years of my session work with students the damage that the “nearest and dearest” can do to people.

For the most part, people breed to make kinfolk in order to accumulate pride and hubris. Lineage is of no worth to the lives of people who are seeking to transcend genetics in order to attain to consciousness.

Buddha left his family for the journey. Jesus did the same and said to the crowd that only people who did the “will of the Father” were his family. I deeply agree.

Please forgive me.
Siraj



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Silence in Meditation

What we bring to meditation is very important. If meditation has become one of those things that we “have to do,” then it will be tainted with skepticism and desire, which splits the mind and makes for a difficult practice.

Silence in meditation is about no longer being at odds with our thoughts. What do I mean by being at odds with thoughts that we have?

We are at odds with our thoughts as we live with the idea of wanting peace in our lifetime but living on the verge of anger at all times. This is that old attitude that we are kind until someone gives us a reason not to be.

What must be instilled within us is the place where silence can exist without certain conditions having to be met. Some people tell me that their environment must be right or that their lives must be clear of some nuisance that affects their emotions. To seek for the perfect environment in order to meditate is not a good way to live.

You see, there is no perfect environment for meditation. At Mt. Madonna which is the best environment that I have seen in a long time, many of my beloved students find some reason to have difficulty. The real reason is because they are not cultivating their minds at home.

This means that in their daily life they are not living within the means of their practice. I see it in them as they prepare to come to the summer sit. I see it in how they walk, how they talk before we sit down to do the real work. I hear it in their conversations with me and others.

The fact is that they have no silence in their conversations. It is all about the hubris of socializing with each other. They use each other to evaluate themselves by comparing their skills of socialization, which is far more important than their meditation practice.

The reason for this is that my students, and people in general, do not know WHAT they are. They have only a belief of who they are. When we do not know WHAT we are and only suppose who we are... we miss the very meaning of our lifetime. Hence we can only live by our wits and not our Hearts.

Each of us has to find out WHAT we are for ourselves. We must have that direct experience that gives us the essence of our Being and then learn how to live from this rather than cope with our ideal of the “self” and then try to make it presentable to others.

To awaken we must be willing to find the Silence of our meditation. It is only through this deep



*Silence is golden when you can't think of a
good answer.
Muhammad Ali*

inner reservoir of consciousness that we awaken to the state of our Being and the essence of Love that constitutes WHAT we are.

At our summer retreat each student will have the blessed opportunity to change their lives through silence rather than through circumstance. Trust me on this one....silence is the simple answer, the most beautiful way of life. Learning through circumstance can be a very difficult thing to manage.

Love is beyond mind. Love is the "WHATNESS" of us all. When we are willing of the Silence and seek the gap and pause between our thoughts and words and preserve our efforts to live in these beautiful spaces...we suddenly realize for ourselves that we are that which the mind cannot think.

Silence in meditation is not about being deaf to tones or vibrations. In fact quite the opposite. You will be given tones that will resonate your deepest inner Being to the quadrants of Life that few people have ever heard and fewer more... seek to invite into their Being. You will have a rare chance to enter into that secret place within you of the most high.



SILENCE IN MEDITATION

ONE: If you are coming to this Silent Retreat, then you must make ready in silence. Please give yourself some times in your day and in your week to just remain without talking. This will help you in many ways.

TWO: Think without-thought. Our thoughts are about contemplation and constant judgment. This judgment then turns into opinion and then belief. None of this is helpful to your well-being, much less to the life that you are living within. So just allow mind to "think" without being invested in what it is telling you.

THREE: If you can do the above, then you will find a deep place begins to emerge within you. This is the place of creativity and insight where intuition lives and presents itself to you beyond the typical ideal of thought. I am sure that you have known of this process and place within you. It has happened to most of us but we typically make it a "thinking" thing, and hence miss what is truly occurring here.

FOUR: At first, all of this is like when we were children and learning to walk, swim and ride a bike. It takes balance. We can live in the balance of our inner Being by not analyzing everything through thinking. Just keep your opinions out of it all. Dismiss them as you would me!

FIVE: Make sure that you allow regular times for your practice and sit with the meditations that I have given you in May. They are very effective and they will help you awaken to the pauses in your thoughts that offer you the vibration that is essential for silence in meditation.

I have heard...

Time To Go



Ikkyu, the Zen master, was very clever even as a boy. His teacher had a precious teacup, a rare antique. Ikkyu happened to break this cup and was greatly perplexed. Hearing the footsteps of his teacher, he held the pieces of the cup behind him. When the master appeared, Ikkyu asked; "Why do people have to die?"

"This is natural," explained the older man, "everything has to die, and has just so long to live."

Ikkyu, producing the shattered cup, added, "It must have been time for your cup to die."



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: Living In Our Karma

November 16-20th, 2015 - Mt. Madonna



In this year end Mt. Madonna we will continue in Karmaphala Karma by beginning to craft our life and lifestyle around our individual states of Karma. This will be so very important as we move into learning how to change our lifestyle from living in compulsion to fear to that of living in kindness and unconscionable forgiveness.

The theme will be this lifestyle of loving forgiveness that is so very necessary for deeper states of understanding. Within this beautiful Retreat you will be offered a new way to live within the life you have. There is the chance for you to find a way of living that is revealing of the Karma you were meant to live in this world.

Karma has nothing to do with reward and punishment... it has to do with harmony and compassion. You will be given the tools to live in this way...through the offerings of this beautiful Retreat. This will be a time of healing, of forgiving and of beauty in your life. This will prove to help you more than you might ever think. Come and be with us for something deeply unique.



ADDITIONAL INFORMATION

ABOUT THIS RETREAT IS

AVAILABLE AT

www.aspire.org/events/retreats

When we are willing to let go of what we believe is occurring, we suddenly realize that everything is happening just as it should...in loving kindness and in harmony with all that IS. You are not alone, you are not lost, you are THAT!

In the deep movement of silence we find the path to Truth.



FROM MY HEART
By prem sangit

My old kitchen door with its calico
curtain
Stands slightly ajar from our hasty "hello."
It creaks back and forth in the blustery
evening,
 "Take notice of a clearer voice!"

The sun speckled pines swaying outside
my doorway
Are chanting and dancing before the
strong breeze,
Release my despair felt from the day's
burdens
 To offer a spiritual choice.

 "Listen to your heart!",
 so creaks the door.
 "Listen to your heart!",
 whisper the pines.

A tranquil reminder floats in through the
window,
"Live from your heart – Rejoice!"

FINGERS POINTING TO THE MOON

Tibetan Pulsing Meditations on Silence

Donation: \$100.00

These new meditations will be presented at our July Retreat. You will find them to be very powerful and deeply meaningful.

These are some of the most important offerings that Gregory and the Boys have ever offered the group.

If you cannot be with us, you may order your new meditations today.

Ambient Tones



Harmonic Vibration



Resonate Compassion



Sacred Morning



TO ORDER:

**Phone
831-622-8410**

**E-mail
greg@aspire.org**



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 sannnyasins 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.

There was a monk who called himself 'The Master of Silence.' Actually he was a fraud and had no genuine understanding.

To sell his humbug Zen he had two eloquent attendant monks to answer questions for him...but, as if to show his inscrutable silent Zen, he himself never uttered a word.

One day, during the absence of his two attendants, a pilgrim came to him and asked: "Master, what is the Buddha?"

Not knowing what to do, or how to answer, he looked desperately around in all directions for his missing mouthpieces.

The pilgrim, apparently pleased and satisfied, thanked the master and set out again on his journey.



On the road the pilgrim met the two attendant monks on their way home. He began telling them enthusiastically what an enlightened being this Master of Silence is.

He said: "I asked him what Buddha is and he immediately turned his face to the east and to the west, implying that human beings are always looking for Buddha here and there, but actually, Buddha is not to be found in any such directions. Oh, what an enlightened master he is, and how profound his teaching!"

When the attendant monks returned, the Master of Silence scolded them thus: "Where have you been all this time? A while ago I was embarrassed to death and almost ruined by an inquisitive pilgrim!"

SPONSORSHIP

unconscionable generosity

Thanks to our Mystery Donor, we have been able to pay for radio until the end of this year. It is very important that those of you who are not Sponsors of Aspire (support not only radio, but our TV efforts) become helpers of this noble effort. Every penny you give goes to sustain service to humankind and it will be MATCHED by our Mystery Donor, which is a huge blessing.

The world needs a message that is outside of the small "box" of emotionalism that defines righteous hatred and vengeance. Aspire offers so much more to those who are willing to consider its message of compassion and loving kindness.

If Aspire has helped...you...please become a Sponsor today. It is important that we give back to that which has given so much.

Dear Gregory:

Thank you for saying to me what no one else would dare say in order to save me.

You are vastly misunderstood by most people and underestimated by most.

**Thank you...old friend.
Thomas - San Diego, CA**

The Beatitudes

The teachings of Jesus that are offered through the Beatitudes are some of the most beautiful and helpful in the world. I am deeply honored to have the chance to offer the public these very essential insights.

For those of you who are Sponsors, you will receive the CD version that was recorded separately from the TV versions. There will be a more in-depth treatise of each Beatitude.

I am humbled and grateful to be able to offer the gift of the Beatitudes to all of you. Much will happen.

Metta, Gregory



July Message of the Month

"Blessed are they that 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 - 7:00 pm
Carl Cherry Center
4th and Guadalupe
Carmel, CA
Donation: \$25.00/class

MEDITATION WORKSHOP

Carmel, CA
How To Live In Tone
Saturday
September 5th, 2015
Donation: \$80.00
Includes Lunch

MEDITATION WORKSHOP

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

EVENT REGISTRATION

Phone:

831-622-8410

E-mail:

greg@aspire.org



*Who is your enemy? Mind is your enemy.
Who is your friend? Mind is your friend.*

Buddha



*A powerful gestalt that changed the
complexity of our Retreat.*



A Breath of Spirit for a Life of Awakening

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