

*Aspire!*



# Breath

A Journal of Transcendence

November, 2018

The Mystical Mystique:

## FALLING LEAVES

How to Attain!



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*Move always toward the greater simplicity.*

*Zen Practice*

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### TO SUBSCRIBE

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**Online**

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*Just do nothing and love this moment. It's very beautiful  
and very deep.  
Ajahn Brahm*

## 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.



## The Real Watcher

A Zen poet wrote:  
Where the interplay of  
is and is not is fixed,  
Not even the sages can know.

There you are-not in terms of is and is not, in duality. All duality can be watched. That which can be watched, you are not. You are always the watcher. And remember you cannot watch the watcher. That is absolutely impossible. If you watch the watcher, then one is just mind-which you are calling the watcher-and the other is the real watcher. But the real watcher is your ultimate. You cannot go beyond it. It is the boundary of existence.

Where the interplay of  
is and is not is fixed,  
Not even the sages can know.

Now, there is nothing to know. Watching silently, everything disappears. And immense silence opens its doors. There is nothing to know. Knowledge becomes absolutely futile. You, for the first time, come home. This is true rest.

HAIKU



# Enough Said

My Beloved Reader:

This month of giving and thanksgiving is very important to me personally. Thanksgiving is deeply moving to me. The ability to demonstrate a goodness that is beyond the conventional ideas of generosity is very intriguing to me.

I feel a deep sense of Thanksgiving each day of my life. I am so grateful that this earth has had so much mercy upon me.

My offerings to you this month are about my very favorite spiritual master, Lao-tzu, who became enlightened by just watching a leaf fall from a tree. I have so much to share with you about how this affected me over the many years of my career. I will share all of this with you in my monthly Discourses.

The meaning of enlightenment comes in the attainment of mercy in our lives. To become merciful is

*In the mercy of the Heart our life thrives.*

*Unknown*

to receive the mercy that allows us to mature into the Light of our inner awakening.

What I offer to you here is beyond anything the "Gregory" could offer you.

Metta

Namaste  
Siraj

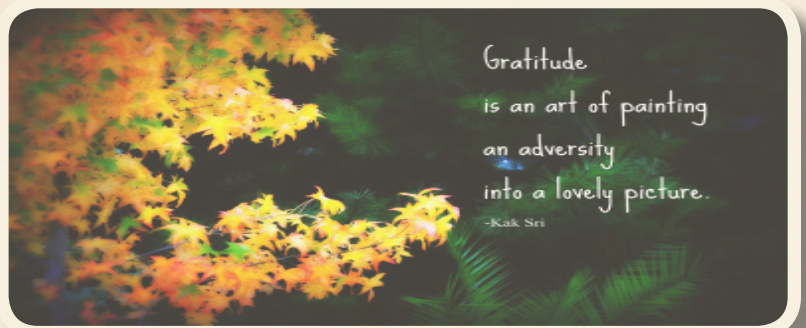
## THE MYSTICAL MYSTIQUE: WATCHING

Just watch and keep your inner opinions away from what is seemingly happening. The falling leaf can be your greatest teacher.

Just watch and do not interfere with what is occurring.

In living suchly you will find a new mind growing in gratitude and Thanksgiving.

It is called Mercy.



Gratitude  
is an art of painting  
an adversity  
into a lovely picture.

-Kak Sri





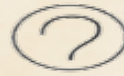
# KARMA



Ignorance



Journey



Quest



Seeking



Transformation

## MEDITATION WORKSHOP ~ CARMEL, CA

Saturday, November 10, 2018 ~ 9:30am - 3:00pm

Unitarian Universalist Church of Monterey *(includes lunch)*

This workshop is to help you come to the place where the energies of the root chakra can help with the direct experience of kundalini that we will be exploring in our Retreat this month.

\$85 per person

(831) 622-8410 ~ [greg@aspire.org](mailto:greg@aspire.org)

[www.aspire.org/aspire-meditation-workshops](http://www.aspire.org/aspire-meditation-workshops)



## MEDITATION WORKSHOP ~ ENCINITAS, CA

Saturday, January 19, 2019 ~ 8:00am - 3:00pm

Encinitas Community Center *(includes lunch)*

We begin the journey to immortality through the Soul. Gregory will be offering new intonement Tummo meditations and the insights to begin the path to inner awakening of the immortal that lives within us all.

\$185 per person

(831) 622-8410 ~ [greg@aspire.org](mailto:greg@aspire.org)

[www.aspire.org/aspire-meditation-workshops](http://www.aspire.org/aspire-meditation-workshops)





By Gregory Penn

# FROM WHERE I SIT

## Karma of the Mystical Mystique

### The Leaf

It is said that the great Master Lao-tzu became enlightened in the fall as he watched an autumn leaf fall from the tree. It is said that he watched the leaf blow in the breeze and he awakened to a simple fact of life.

This can happen to those who have pressed past the mentality, the pedestrian mentality, that cannot recognize what is happening by what they think they are seeing. Most people come to conclusions about life based on their mental acuity that tells them that "seeing is believing."

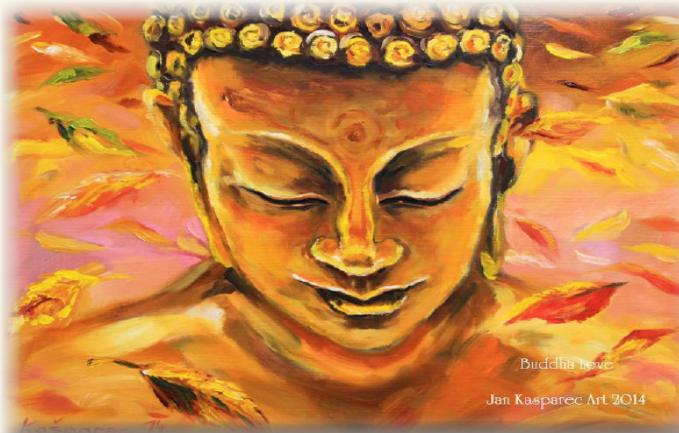
This would not be true in the case of the person who has achieved sentience over their physical senses. Sentience is the ability to perceive something beyond the physical. Some would say it is a metaphysical process. Beyond the science of thought and emotion.

When a person has denied their assumptions for a period of time, they become a different person. We assume a great deal and come to conclusions that are simply not true. Some may seem factual but we are not seeing the bigger picture, and hence we do not see everything in the light of a picture that has far more significance than we could ever imagine in our minds.

When a person creates sentience within them, the possibilities of recognizing a whole new world from a seeming mundane earthly experience becomes possible. You see, it is only through sentience that we find the meaning of what we think that we are seeing.

So, what is this sentience and how would one develop it?

Good question. I'm glad you asked.



There have been times in my days as a teacher, and very much so in recent days, that what has been discovered brings heartache to the emotional body of the "Gregory." This reaction is caused by the state of sentience overwhelming the

"emotional body" that is the "Gregory." Hence, he feels a pulling away and a deep sorrow that overcomes him due to the fact that he is so very literal and pedestrian.

Sentience comes as we deny our desires to say and do things that apply to our logic and reasoning, which are connected to our self-perservations. These self-perservations include the survival of our ego, which to the pedestrian mentality looks like surviving the society that we live in.



In this world the ego is everything.

Sentience, the ability to feel the state of anything that we may be encountering here on earth and apply it to our spiritual abilities to transcend is of utmost importance. This means that we must be willing to let go of those elements that pertain to our self-worth and human stature, the ego, in order to become aware of the meaning that is the equality of sentient life forms here on earth.

Here self-preservation means nothing to us. We are here, in this world, to find the meaning of everything that occurs before us because these things have something to do with what is happening within us.

Few people can comprehend this. Our emotional and mental acumen cannot consider the fact that everything on this earth is occurring as a cycle of birth and death. Everything is reflecting our existence here on earth and how we fit into this birth and death realm.

Liberating our life from the cycle is what the falling leaf is all about. The true issue of it all is that we do not have any yearning for liberation from the body and the mind that constantly concedes to fear and hatred. Our attentions are about ignoring the process that is here on earth, that of birth and death, and seeking to have "fun" until it is lights out.

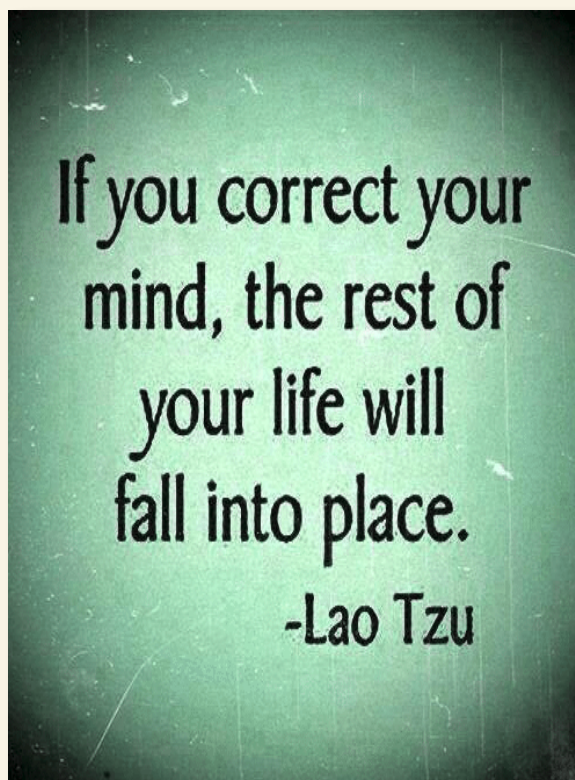
As I have said so many times to my beloved students, it is the soft "fettters" that we live for due to our harshness and hardness of heart that do us so much damage.

I am reminded of Buddha's great teachings on all of this. Please listen. They are important.

"The wise, his fetters burst, the urge for further life exhausted, no more prospect of rebirth for him at death, but full release.

*The seeker's silence is the loudest form of  
prayer  
Swami Vivek Ananda*

He will go to the other shore and stand on dry land if he has realized liberation and hidden knowledge in his life."



The essence of it all is the "hidden knowledge" that is evident only to the person who has achieved sentience.

To achieve this a person cannot cave in to their gratifications in order to sustain the physical body and its comforts. This is very difficult for my students and for most people in general.

One must ask themselves the question!

"WHY DO I NOT YEARN FOR THE KNOWLEDGE?"

A part of the reason is that we are totally engrossed in our own preservation. The extent of this preservation

extends into the preservation of the ego as the main thrust of living. We use the ego, or shall I say that the ego uses us, to gain the momentum of self-preservation. Our survival is the only element of this world and life that most people care about.

Not much can be done to help anyone of this ilk.

To let go of the senses and to come to a place whereby one is living beyond the ideas that a human mind can pump out is the very essence of an authentic spiritual practice. It can be done by any one of us but typically is not on our agendas in this lifetime. We serve at the pleasure of our pleasures, and hence lose the ability to



recognize the “knowledge” that is hidden from our five senses along with our logic and reasoning.

The sentient mind is one that is neither “this” nor “that.” It is a non-dualistic mind that is not seeking the contention of the pedestrian mentality. It is not a mind that thinks but rather it reveals what is really going on in the background of our unconscious minds. It feels what thoughts cannot think. It lives as a process of awakening and offers beauty in all ways, which is the highest Truth there is.

All of this is just too much for the average person who has never considered what it means to live. Most of us simply do not have any sense of life past our own survival. This kind of mind leads to misery and depression by calling up our genetics and living in the many syndromes of mental illness.

So, there is Lao-tzu just sitting under a tree in the fall and watching the leaves drop and blow around him, and suddenly he awakens to what is happening beneath what is seemingly occurring. There was more to what was occurring than his outer senses could reveal.

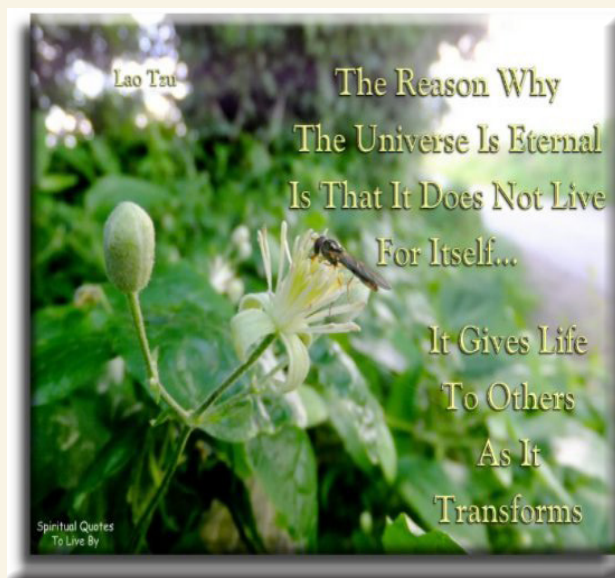
He suddenly realizes that the leaf does not fight nor does it contest its own nature by being blown around in the breeze. He sees it as freedom! He realizes that it will eventually be turned into mulch for other life forms to grow in. There is a deep realization of the Laws that govern this earth as well as the insight to realize that his body is as well mulch for other life forms, and suddenly he can drop all of the folderol of the mind and body.

This is a huge blessing and will serve to help him in his cause of awakening. In this very simple moment he realizes past his inherited mind that the whole nature of the Universe has been revealed to him. A new mind that has lived within him all of his life has awakened

and now his attentions move towards the Way.

This can happen to any of us at any moment in our living if we are living in the Authentic. It is only through the Authentic that we come to know that which can’t be taught through words and thinking. This is very important to understand and realize.

There are Laws that pertain to this world and how we could live in this world through harmony. I discussed these Laws in my Commentaries 20 and 21. If we can accept the state of this world for what it is and live in it with the conscious awareness of the Laws, we can come to live in consciousness rather than human mind.



Everyone at every moment is being given the “falling leaf” opportunity. In fact, as you read my offering to you here, the leaf is falling. Your willingness to separate and detach from the mind that thinks from form to what it believes is form, is the essence of it all.

When the mind is no longer trying to put a conclusion to its state of thought, when the mind is no longer important to us as the regulator of origins, it is in this moment

that we are exposed to a new mind. This mind is not dualistic in its ways and does not pit one thought against another causing us conflict.

I have taught you for years the methods to deal with the mind and its thoughts. It is about becoming passive towards the state of our thoughts and not allowing ourselves to choose which thought we will accept, but rather seeing and realizing the futility of thought itself. Then learning to realize how to see through the veil of thinking and thought itself and live in the Way.

It can be done and you will know that you have attained because your Heart will be filled with gratitude.

Please forgive me.

Gregory

# THIS IS TAO

*If you correct  
your mind, the  
rest of your  
life will fall into  
place.*

*Lao-tzu*

# THAT WAS ZEN

I love this statement by the Master. It is so very true.

What does it mean to "correct" the mind? It is so very important to understand. The mind is allowed, in most of us, to run the gamut on emotionality. We are very much connected to our impulses, and the mind is subject to these impulses from both the DNA and genetics of our body.

To correct the mind means that we come to that place within us whereby we simply do not indulge our attentions in hate, fear and fatalistic thinking. Nor do we allow our minds to be "positive" about what we want in this world.

Rather, we set the mind straight in the flow of energies that sustain consciousness. Consciousness is the realization of a meaning in this lifetime that exceeds the body's demands and desires. If one is diligent, they can simply watch the meaning of the thoughts that we have and cultivate a sense of consciousness through finding the emptiness of the bowl.

In other words, find the silence and the ability for emptiness through silence. It is here and only here that we "correct" the mind.



# Monthly Discourses

## Mystical Mystique: A Falling Leaf

It is said that Lao-tzu became enlightened by merely watching a leaf fall. How touching all of this is for me. Something very similar happened for me one day. I will share with you the experiences of inner awakening this month.

Gregory will offer the full set of four Discourses for this month 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](mailto:greg@aspire.org). All donations are tax deductible and are used to purchase more air time for Aspire.



### The Meaning of This World

Understanding the meaning of each moment in this world is a very important insight. It can lead to awakening.



### Enlightenment

Gregory will offer his experiences and insights into this very profound state of being.

### The Ebb and Flow of Life

There is a rhythm to this world and if one finds it, the Way becomes clear.

### The Meaning of the Meaningless

This Discourse will be a profound ending to our series this month.





# Dear Messiah

Dear Greg:

I love your TV programs on the Aspire website. Please tell me, did you know then what you seem to know now?

Randel  
San Diego, CA



**Write to Gregory**

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

**Mail:**  
**P. O. Box 223779**  
**Carmel, CA 93923-3779**

Beloved Randel:



Thank you for your kind words about my Aspire TV programs. I am grateful that you find them helpful in your life in some way.

What I was totally unaware of "in the day" was how the world was going to go down. We live in a very painful and ignorant world now. I had NO idea that the world and its people were going to be so indifferent to the Way.

Also, I had no idea how powerful the collective unconscious was going to get. Its influence over everyone and everything is just over the top now. People are more emotional and unkind than I had ever thought they might be.

The relevance of Aspire now is based on those who can detach from the collective and simply do not live in mental and emotional dispositions of the pedestrian mentality.

These people are rare.

Please understand that what I teach now is very close to what I thought back in the day when we made all of these programs. I had hoped that they would be a way of serving people when I was old and even dead. But alas, the world changed on me and I had no way of really comprehending how difficult people would be in this new world.

I was raised on mayonnaise. Now this product is being rejected by the millennials. Who'd a thought that they would give up mayonnaise for that of eating washing machine detergents?!

I am a true dinosaur.

Please forgive me.  
Gregory



# Meditation

## The Mystery of Simplicity

I have never been able to get over to people, mainly because they do not meditate, the meaning of the word "mystery." It is a great word that sustains the essence of an authentic spiritual practice.

In mystery there is no logical or rational explanation for anything that we are engaged in. This state of mind is often called: Consciousness. In this state of being we are no longer in the condition of our theoretical mind that is constantly interpreting events and circumstances according to how our genetic mind can think and produce "reality."

When I am teaching or offering such things as Workshops and Retreats I am giving you a way to experience the essences that the mind cannot conjour up through thought. To become aware of all of this a person has to be "simple."

What does simple mean? It is just a mind that is not pitting one thought, one belief over another in order to come up with a way to sustain some mental premise upon which we produce illusion. For most of us in this world, illusion is necessary in order to sustain and keep what our minds

genetically can accept as something we like to call reality.

To cultivate a simple mind, a mind that is not assigned to the task of creating a genetic reality for us is the essence of our practice. Most people simply cannot and will not give up their genetics in order to find the simplicity that is necessary for spiritual awakening.

To become simple again means that we are susceptible to the reality of Love. This Love is not the emotional kind that most of us humans yearn for. The object of human love is for the ego to become gratified and thus sustained through the premise that it is important and can and will feed our basic human, genetic needs.

Typically, human love is the compensation for our childhood traumas. But, of course, the human mind is very limited and so is human love.

In simplicity we no longer fight with all of the



*What would life be if we had no courage to attempt anything?*

*Vincent Van Gogh*

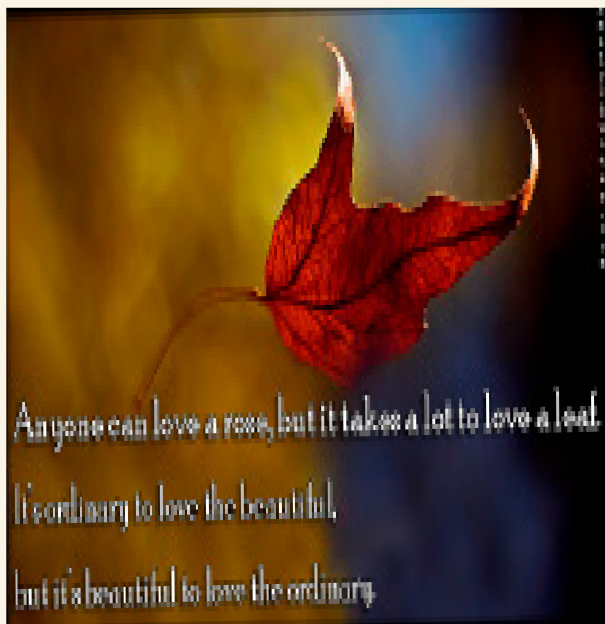
complexities of human thought. There is no rational thinking, there are no logical conclusions to come to. There is only the presence of Love to engage via the mystery.

The mystery of simplicity is the essential state of being that offers us total beauty.

If your practice is true, if your practice is consistent with the Heart of simplicity, then you will find the mystery of a series of occurrences within that start to awaken our essential essence. Here the mind of thinking stops. This disruption to our mental manner is quite troubling. Most people, when confronted with the premise of idealistic thinking over the reality of the mystery, will choose to have thoughts that guide them to conclusions about themselves, others and the seeming reality of a given situation.

When we do not need thoughts to establish reality of ourselves, others or our reality we come to a very sacred place that the human mind and body cannot offer. They too will be troubled as you cross over into another world within this lifetime. A person must seek a Love that is greater than their own human experience can offer.

This happens only through simplicity.



## LIVING IN SIMPLICITY

**ONE:** Seek not ideas that support your ideals. We stack the deck against us because we have beliefs and ideas about reality that are merely the state of our emotional insecurity.

**TWO:** We are foolish about the use of our breath and how it can be helpful in our attentions. Learn how to breathe into your Heart and allow for that which exists only as the mystery of a life that needs NO thought whatsoever.

**THREE:** Seek no-thing. Want for no-thing and believe in no-thing. Stop being a slave to the ego and its posse of genetic impulses that persuade you to believe and think in rational forms of thought that bring you to conclusions.

**FOUR:** Be willing to live....

**THAT IS IT!**

**IF YOU KNOW WHAT I MEAN.**



# I have heard...

## The Emperor Takes Sannyas

Gautam Buddha is visited by one of the emperors of those days, Prasenjita. Naturally, nobody interferes because the emperor is talking to Buddha, although everybody wants to be close to hear what is transpiring.

But one man, a bikkeu, has to interrupt. He asks forgiveness from both, because he has to leave before sunset to spread the Buddha's message to the people. But he cannot leave without touching the feet of the Buddha.

He is to be gone for many months, and the sun is just going to set, so he says to Prasenjita, "Forgive me, I don't want to interrupt you. Just a single moment...I want to touch Buddha's feet and I will be gone. I have to leave, but I can leave only before sunset."

He is an old man, nearabout seventy-five, and Buddha asks him, "Bante"-that was his word of deep respect for sannyasins.

"Bante, how old are you?"

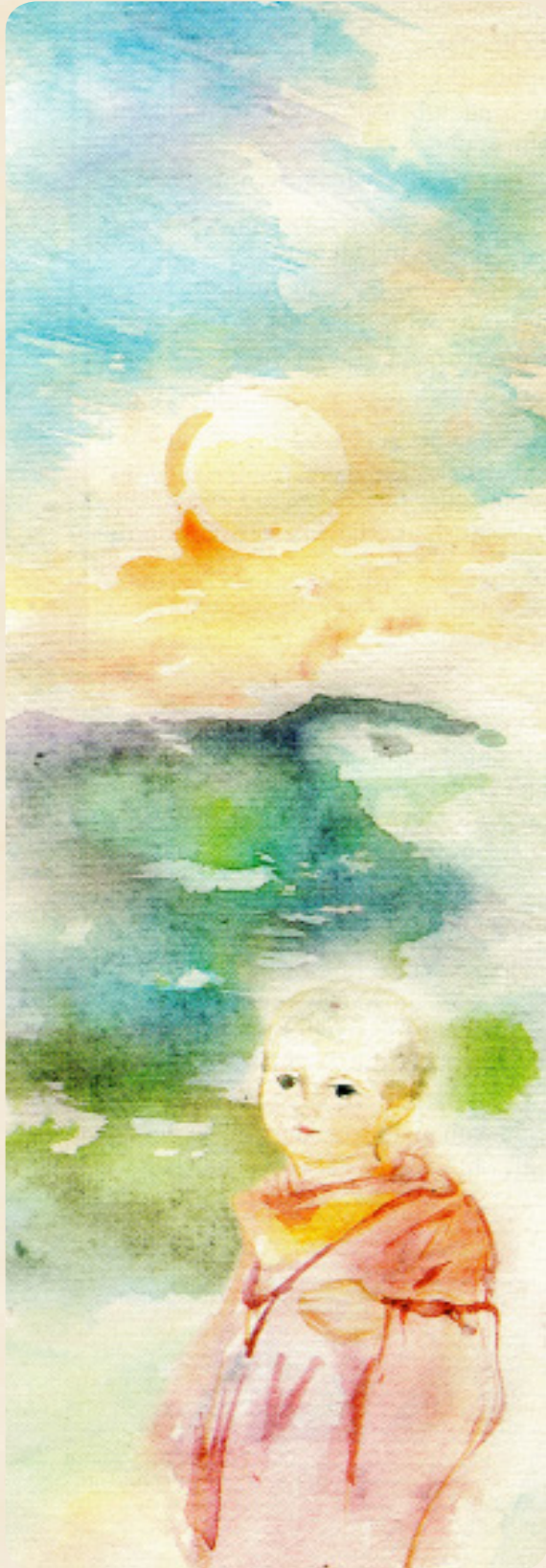
The old man says, "I feel ashamed to say it, but I am only four years old."

Prasenjita cannot believe it. A seventy-five year-old man! It was absolutely impossible that he is only four years old. And when Gautam Buddha accepts it, it is even more amazing. He says to Buddha, "This man does not look four years old."

Buddha says, "Perhaps you are not aware...The way we count life, unless one enters into deep meditation, realizes the light that radiates from a center, he is not thought to be born. This man experienced his first glimpse of himself four years ago. Those seventy-one years that passed before were of deep sleep; they cannot be counted as his age."

Prasenjita is very much puzzled—but it is true, and Prasenjita touches Buddha's feet and says, "Help me also to be born again. Up to now I have been thinking I am alive. You have made me realize that I am dead."

Budhha says, "Just the realization that up to now you have been dead is a great beginning."





# 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](http://www.aspire.org/events/retreats).

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

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

## The Soul 2019

### The Journey to Immortality

March 25-30, 2019 - Mt. Madonna



We begin an incredible journey to the meaning of everything! This upcoming year will be beyond compare and if YOU are willing to realize a new lifetime within this life...you will find the very meaning of what immortality is all about.

We begin with our Workshops in January in both Carmel and Encinitas.

There will be a special Commentary for you on December 20, 2018 that will begin our journey to the Soul. This journey is not for those who are collecting philosophies.

Gregory will be more than happy to help you realize if you are up for this journey. Just call him!



## ADDITIONAL INFORMATION ABOUT THIS RETREAT IS

AVAILABLE AT

<https://www.aspire.org/events/aspire-meditation-retreats/>

*Everything is in those  
in-between moments.*

Only in the  
Way that offers  
the immortality  
of life do we  
find the eternal  
meaning of  
LIFE.





# Poetry & Prayers

Kavisho

*June 2018*

Solitude is space...  
...from demanding people  
...from divisive energy  
...from painful relationships

Simplicity is space...  
...from petty concerns  
...from the daily grind  
...from useless details

Silence is space...  
...from unending distractions  
...from constant noise  
...from underlying tension

Practice is space...  
...from the ties that bind  
...from emotions that wound  
...from the monkey mind



# FINGERS POINTING TO THE MOON

NEW MEDITATIONS  
FOR MT. MADONNA

## ***Kundalini***

Donation is \$100.00

*These meditations are profound.  
That is all that can really be said  
of them. They are simple and  
build upon the meditations we  
have practiced all year long.*

*If you are willing and ready for  
the experience of Kundalini,  
which brings about pure bliss,  
then you will find these offerings  
of great help.*



## **TO ORDER:**

Phone: 831-622-8410

E-mail: [greg@aspire.org](mailto:greg@aspire.org)

or download them from the  
Aspire Website at [www.aspire.org](http://www.aspire.org).  
They are found in the Shop under  
**New Meditations.**



# 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 sannyasins 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.

## LETTING GO

A Western monk at a Buddhist monastery became frustrated by the difficulties of practice and the detailed and seemingly arbitrary rules of conduct the monks had to follow. He began to criticize other monks for sloppy practice and to doubt the wisdom of the teaching. At one point, he went to Ajahn Chah the master and complained, noting that even Ajahn Chah was inconsistent and seemed often to contradict himself in an unenlightened way.

Ajahn Chah just laughed and pointed out how much the monk was suffering by trying to judge others around him. Then he explained that his way of teaching is very simple: "It is as though I see people walking down the road I know well. To them the way may be unclear. I look up and see someone about to fall into a ditch on the right-hand side of the road, so I call out, 'Go, left, go left!' Similarly, If I see another person about to fall into a ditch on the left, I call out, 'Go right, go right!' That is the extent of my teaching. "

"Whatever extreme you get caught in, whatever you get attached to, I say, 'Let go of that too.' Let go on the left, let go on the right. Come back to the center, and you will arrive at the true way."

# SPONSORSHIP

*unconscionable generosity*

We are in our Year End Drive to raise donations for Aspire. It is so very important that you help. Aspire does not get a great deal of support from the general public. In our world today the relevance of inner work seems foolish.

Aspire is for those of you who seek authenticity in your life. The offerings of Aspire are deeply important to those who Gregory serves not only through his workshops, Retreats and Commentaries but also through TV and radio.

Not to mention Hospice work in which I am a volunteer. This is a thankless job for the American public. Your donations help me with gas and time in order to allow me to serve in this way.

Please understand that your gifts are urgently needed. Please know that to Aspire every penny counts.

**Dear Gregory:**

**I left you because I thought you were "wrong" about everything. What a bitter road my life has taken. You were right...and now I am trying to come back. Thank you for Aspire and the offerings you give.**

**Humbled.  
Diane**

**Our Mystery Donor will match all donations until January 2019**

Please understand that our Mystery Donor makes money giving away money from the trust that he was given. It is a long story but you must understand that he has no attachment to Aspire. He inherited Aspire from his deceased uncle about five years ago.

Please try to understand the difficulty of my situation with the Mystery Donor. He is merely a business person.

His Karma is his own to realize. But your kindness can really help not only you and the people you serve through your kindness, but the Mystery Donor himself.

In true and authentic giving everyone is helped and served. I say this to the wise of you.

Please forgive me....  
Metta, Gregory



**November  
Message of the Month**

*The Way is through you....*



*via compassion and mercy.*



# 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  
Transcendence Two  
Saturday,  
November 10, 2018  
Donation: \$85.00  
Includes Lunch

## MEDITATION WORKSHOP

Encinitas, CA  
The Heart:  
Journey to the Soul  
Saturday,  
January 19, 2019  
Encinitas Community Center  
Donation: \$185.00  
Includes Lunch

## EVENT REGISTRATION

Phone:

831-622-8410

E-mail:

greg@aspire.org



*The greatest victory is the victory over one's self.*

*Dhammapada*



*Meditation at the Summer Retreat  
at Mt. Madonna*



A Breath of Spirit for a Life of Awakening

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