

*Aspire!* 

# Breath

A Journal of Transcendence

January, 2019

The Soul:

the SOUL

2019

Year One



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*Without a rope, people bind themselves.*

*Zen Saying*

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*Simple in actions and in thoughts, you return to  
the source of being.*

*Tao*

## 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.



## We are all Strangers

Basho wrote:

Autumn eve - please  
turn to me.  
I, too, am a stranger.

Basho's haikus have no parallel. All Zen masters have written haikus, but Basho seems to have melted and merged into nature more deeply than anybody else.

"Autumn eve - please turn to me. I, too, am a stranger." Just as you are. He means that here in this world we are all strangers.

We ordinarily forget the matter, we start taking everybody for granted. Have you ever thought about it? These ten thousand buddhas are all strangers. We make efforts to forget that everybody is a stranger-we make marriages, friendships. We try to introduce each other-just to forget the feeling that everybody is a stranger. All our families, all our clubs, all our religions, all our nations are only an opportunity to hide the fact that we are all strangers.

Zen is an effort to make you fully aware of your strangeness. This will give you freedom from the crowd. This will give you a sense of being yourself, a deep intensity of consciousness that you are surrounded in a strange world where everybody is a stranger.

It has many deeper implications. If you can understand the fact that everybody is a stranger, all your expectations will drop. Who are you to expect? A husband expects certain things from his wife, who is a stranger. We have just met on the way, talked a little bit, walked together on the way, and we have forgotten the fact that we are still strangers.

We don't know ourselves, how can we know others? But on the surface, we try to make familiarity, we try to forget the fearsome idea that we are alone. The wife, the children, the Rotary Club...somewhere we want to be associated.

Basho is saying, "Autumn eve - please turn to me." You are not the only stranger here..."I, too, am a stranger."

HAIKU



# Enough Said

My Beloved Reader:

We begin this new year with the journey to the Soul. This will be one of the single most important years of your life and mine.

I will help you with a Transformation that is the very essence of why you are here on earth. I will give you the methods and ways in which you can cultivate a Soul before you leave this body.

Everything in this new year will be about the state of the Soul and what it means to have a sense of the Soul and live in its beauty.

We will be offering programs that I did many years ago on Aspire called: "What is the Point of it All?" I feel this is a most apropos subject for our year in the Soul.

As always, I am working diligently to help those of you who seek the way

*Another year gone - hat in my hand,  
sandals on my feet.*

*Basho*

unencumbered by the fears that you deem so important.

I hope that you will join me at the Workshop this month and the Retreat in March on the Soul.

It is time to move on...if you know what I mean.

Metta  
Namaste  
Siraj

## THE SOUL: SOUL

The Soul is the spiritual mantle of our relationship with Life itself.

The Soul is to the Life we live as the body is to the world.

The Soul is our complete realization of the meaning of this world and this Life.

Those who attain to the Soul find the meaning of not only existence but also the oneness that we all belong to that is Love.



Music touching my soul, the spirit  
dance was unfolding.

— John Lennon —





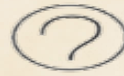
# KARMA



Ignorance



Journey



Quest



Seeking



Transformation

## MEDITATION WORKSHOP ~ CARMEL, CA

Saturday, January 5, 2019 ~ 9:30am - 3:00pm

Unitarian Universalist Church of Monterey *(includes lunch)*

Gregory will begin with his beloved students the effort to awaken to the Soul. He will offer two new Tummo meditations that will help prepare you for the March Retreat on the Soul.

\$95 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, 2018 ~ 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

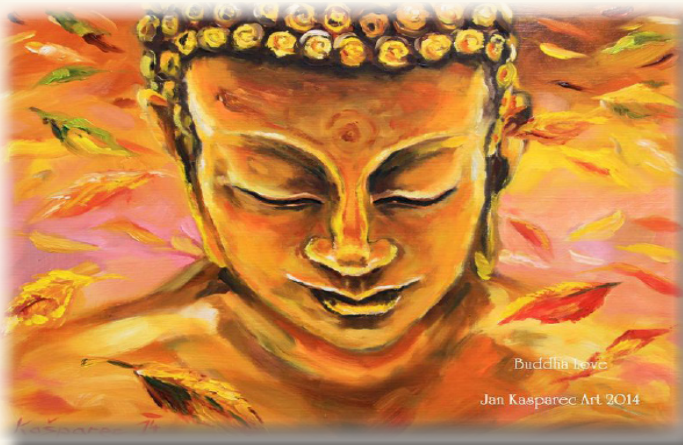
## The Soul

The Soul!

People love to assume that they have one, that it exists within them and that they are born with one, like a limb on the body.

Not so.

All of my early life I wrestled with a part of me that was preparing for my sojourn into the mystery of my lifetime. One part of me was deeply immature and was just seeking to escape my mother's ugly temper, and the other part of me was seeking a mercy. I knew that I was going to need mercy. I knew because I felt something was splitting me, something was "wrong" and it had to be dealt with.



As I grew up and witnessed compassion and mercy in the movie "Ben-Hur" it became very clear to me that I was going to be on both sides of the cup. First was the cup given to Judah Ben Hur in the desert by Jesus, and second was the cup Judah gave to Jesus at his journey to his crucifixion.

I could not understand how anyone could experience such grace and mercy in a time in one's life whereby violence and useless pain and suffering were about to occur. What was it in both men (Ben-Hur and Jesus) that allowed

them to have such an experience with the state of Love?

I knew that I would need this ability to feel beyond the immaturity of my body and mind. When I was ten years old, it was apparent to me that the body was a prison, and while I knew that I had to operate within it at the same time I did not want to be a part of its deep fear.

Gregory's body is full of fear. His whole demeanor is about avoiding what he is fearing.

Not until I went to India did I realize what the fear was. All of these years feeling fear and imagining how that fear might manifest within my body. My mind was a servant of fear, and the emotions just loved it as they went rampant making my body

feel ill when I was NOT ill.

I had a form of mental illness that most people try to normalize through obsession and compulsion. This is why politics are so important to so many in this world. We love to believe that through political change we can be relieved of our fears and live happy ever after. This is just not true.

What I found out as the storm of my body and emotions heightened throughout my teen years and into my early twenties is that



there was no end to the suffering that could be had through the body and the mind.

Then I met people who had Souls. People who distinctly and deliberately made effort to reach something I had no idea existed. These people were my friends and their wives at the Ashram (the Boys) and the Tibetans. The way I knew that they had that “something” that I did not have was due to the fact that they had “FAITH.” This FAITH was unspoken. It was displayed in their composure, their countenance. Somehow they knew how everything FIT into place in this world.

This encounter with the Soulful was to say the least a great mystery to me, the soulless. I felt awkward and uneasy and inferior to them. The Penn pride would come up within me but I never allowed this to be important in my respect for the great mystery that they so lovingly shared with me.

One day I asked one of the Tibetans why I was so off-kilter within myself. Why I could only hear what they and the Master were teaching as words, phrases and ideals. Maybe like you hear me when you listen to something I am offering you.

This very Soulful Tibetan whose name I could never pronounce or remember looked deep into me and said: “You have no Soul.” I was taken aback and at the same time relieved. Taken aback because I did not know what a Soul was and relieved that somehow I had the willingness for it. This was the missing piece in my childhood that I had been looking for.

The Soul is the essence of true Faith.

With this information about myself I began my authentic Journey. Seminary had not helped me at all. It was all about knowledge and politics, and I was just not much interested in any of this. But attaining to the Soul was something I deeply felt was necessary. Many people

*One must have a generous temperament without being excessive, a rigorous mind without being pedantic, pure tastes without being limited, strict morality without being inhuman.*

*Hong Zicheng*

just do not have any inner “pull” to spiritual awakening. They have lived far too long in their logic and reasoning that supports cynicism and doubt.

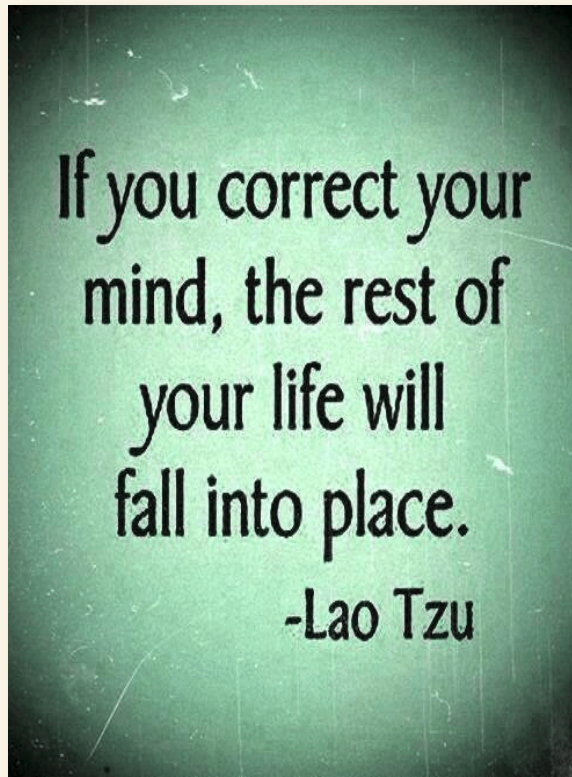
These are the “people of money,” I have found. When a person places their entire lifetime in the process of acquiring wealth or making money the sole object of a lifetime, there is difficulty. When one’s interest in the Soul is reduced to trust and hope in money as the source of emotional fulfillment, there is little one is left with but their Karma.

Our Karma is the result of our “faithless and perverse generation,” as Jesus spoke of it. We simply live off the skin of our bodies and within the premise that survival is all that really matters. Few of us ever realize the gravitas of the Soul and what it means to cultivate one in this lifetime.

Most people are of the world.

These people live for and by the world and while living here on this earthly plane only seek the “gold.” In living in such a way we find it easy to do very harmful acts to each other due to our lack of attainment to the Soul.

It took many years for me to be able to separate the “Gregory” from the state of my efforts to realize a Soul. I have given my students this for over forty-five years. None of them as Jesus said: “...were athirst,” and hence did not comply or find interest in the state of the Soul and how it brings with it a FAITH that moves beyond mere “positive” thinking.





There is very little that I can do to help my beloveds when all they can desire is what they want that they believe comes from the outer world. How can I help them when they have no interest in the state of the Soul that would offer them something other than mere psychology?

In the background of their thoughts all they really want is a warm and cozy lifestyle that insulates them from the harshness of the world. They would call this being "happy." A very pedestrian mentality kind of thing. It is funny, many of the Beloveds are so very smart in a worldly way and yet so very backwards when it comes to how they live within the bodies and lives that they have in this world.

So, in this New Year, and I write this phrase with a smirk on my face, as if anything can be "new" with people who only seek the conventional, I will offer what was given to me so many years ago that would provoke the evolution of the Soul to emerge from our Being.

We will begin in depth with our Workshops in January and then in March with our Retreats. It will be very interesting, to say the least, for me because I never considered that I would have this kind of honor.

What will be important is to understand that the Soul is the very Presence of a Love that cannot be thought nor is it a part of the human emotionality of the body. I cannot emphasize this enough. We unconsciously revert back to our bodies as default over and over again. In these bodies we live in a ruthless cunning that only beguiles our imaginations to believe that we are living in righteousness.

We are not.

Everything that one might cherish in their life such as pride, vanity and self-righteousness will be done

away with and replaced by a FAITH that has nothing to do with believing. This in itself will be profoundly important.

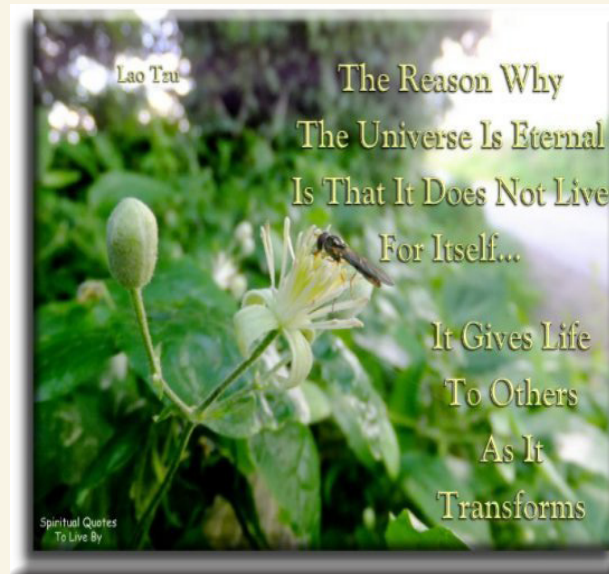
It is difficult to speak of the Soul because it does not encumber the objectives of the emotionality that are only seeking comfort and fulfillment. The hope for the kind of life you may want must be put away for the sake of awakening into the Soul.

Your inner posture will be very important. If you are wise enough to listen to my monthly Discourses, I ask that you to listen to them with great silence. Just listen to them and allow them to orientate you to the Way of the Soul, the Way of the Heart. If you can allow your

mind to drift away from fear and emotionality, you will hear an entirely new message that the Heart gravitates to, that is the nourishment of the Soul.

I say all of this because this is exactly what happened to me when I was beginning my own journey to the Soul through the Heart.

Just listen...this is what my Teachers would tell me over and over again. Just listen.



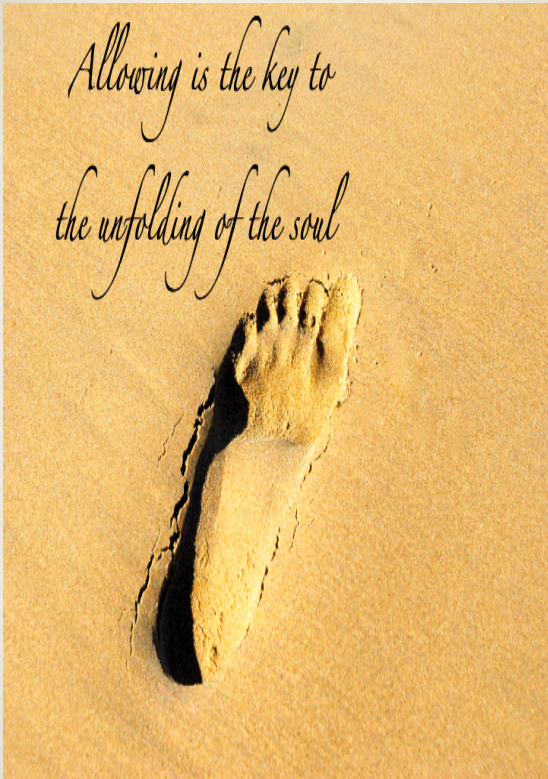
What is meant by this is deeply important. You see, it is only in Love that we realize the Soul. Love has nothing to do with any kind of physicality or emotionality. Love is the Source of the Soul and becomes the presence of God that lives just beyond our physical body's senses.

This will be the most important journey of your lifetime. Some people in this world are too cynical for all of this. Others need too much and cannot make this journey.

It will all depend upon how important your life is to you.

Please forgive me.  
Gregory

# THIS IS TAO



# THAT WAS ZEN

Our state of willingness is deeply important to our effort to spiritually awaken. When we are willing to awaken to the Soul it will be because we are at the same moment willing to let go of those elements that have kept us from the Way of the Heart.

It is only through the Heart that we realize the value of the Soul. The Heart speaks in so many different ways. If we can learn how to resonate to the tones of the Heart, which we will do at our March Retreat, we will realize that emotionality has been our enemy all of our life.

Living by the Heart means that I must be willing to give up the human heart. It is very fragile and often fickle. In the process of willingness to the Soul, we truly realize that our futility was in making emotions the love of our lifetime.

Love is never realized through emotionality. If we can consider the meaning of our emotions and realize how they work, we begin the authentic journey away from there as the method for living.

This is the Tao to realize the Zen of our own existence as Love.





# Monthly Discourses

## The Soul: Meaning of the Soul

Step by step, Gregory will offer to you the means to attaining the Soul. These are very concise Discourses that will help you become aware of the path of the Authentic. Many a great insight is offered to you through these beautiful Discourses. If your time has come to discover the meaning of your life here on earth...these offerings are essential.

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.



### What is the Soul?

What do the ancients mean by the achievement of the Soul?

### Attaining the Soul

What does it mean to attain to the Soul and to allow it to bring to you the very meaning of this lifetime?

### The Human Heart

Learn what it means to have a human heart, how it acts and reacts and what its purposes are. This will be a very important offering.

### The Way of the Heart

Learning the Way of the Heart...is essential. Much must be sacrificed.





# Dear Messiah

Dear Greg:

Why don't we have a "soul?"

I have been taught that we all have one.

Love your TV and radio programs.

Easter

San Diego, CA



Beloved Easter:

It is assumed that we have a Soul. It is pure assumption.

To have a Soul one would live totally differently than we do. Generosity would never be an issue. Surrender to forgive would be the first response for any one of us. But for the most part, we simply do not find these inner movements natural or first nature.

The Soul is the goodness of what most people would think of as God. The Soul is the very essence of Love that unites us with the totality of the Universe.

Generally speaking, most of us do not care about the Soul nor attaining it. It is assumed that we just do not need to work at it because it is given to us at birth or whatever. All of this is mere assumption.

Please understand that the cause of allowing the Soul to manifest within us is the meaning and the cause of this lifetime. It is the reason we came to this planet.

Easter, it will take a profound sense of understanding that we all need mercy to appreciate the meaning of seeking the Soul in the course of this lifetime. The real meaning of our life, in each and every moment of our life, is about attaining to the Soul.

If you have the Heart and are willing to sacrifice selfishness and self-preservation through compassion and forgiveness, you will find an element of your inner being most worthy of the life you live. This is the meaning of living nobly.

Thank you.  
Please forgive me.  
Gregory



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# Meditation

## The Soul of Meditation

It is deeply important that we attain to the Soul. It is the measure of the existence of the Universe within us all. It is only through the Soul that we are attained in this lifetime to any real meaning and purpose for our lives.

Meditation is the only path that I know which will bring us to the attainment. You will be offered meditations in this month of January to begin this process. Then in March you will have the blessing of working upon the release of the flesh in order to attain to the Soul through meditation.

But before we get into this it is very important to be able to differentiate between that of understanding and that of awareness. They are very different and if one can realize the difference it will help in the inner attaining to the Soul.

Understanding comes with thinking and knowledge. Knowledge is imparted from one person to another and is very useful when it comes to our survival. There is nothing wrong with this.

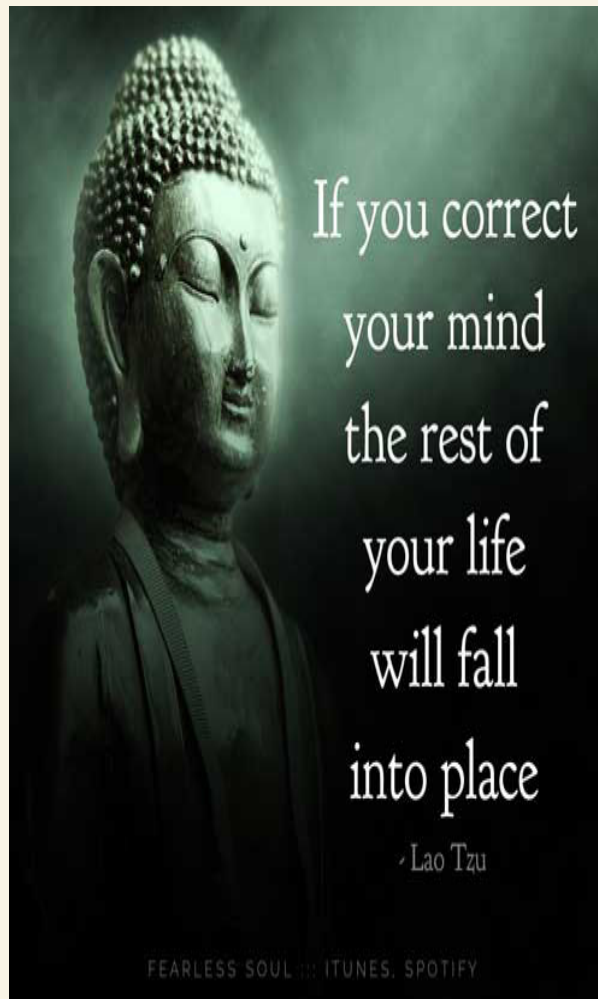
Awareness comes out of the inexplicable state of living in the unconscionable. Here there are no words that one

can learn that will explain the meaning of the state of awareness. Awareness comes out of tone, out of silence. When we can feel the tones of awareness within us through meditation and deep inner silence

we acquire the ability to resonate to vibrations that exceed our thoughts and the patterns of thoughts that constantly run through our minds.

The practice of living in tones will accelerate our state of mind to that of consciousness. In knowledge there is no consciousness, there is only thought itself. To be able to Transcend thought, I must live beyond the mind of logic and reasoning. Many people have a great deal of difficulty living beyond the ideals of thoughts and the psychology that sustains mere logic and reasoning.

In this new year you will be asked to Transcend thoughts and learn how to move more deeply into awareness as you seek not to achieve ideals but to awaken through awareness into true and authentic consciousness. All of this will require discipline and



*There are ways,  
but the Way is uncharted...*

*Taoist Saying*



devotion.

If you are willing to feel the presence of awareness and allow it to overcome the fears that you so enjoy, a new mind will be born within you. This mind will no longer compensate you with thoughts that are frightening or comforting. Rather you will be awakened...and the essence of the Soul will become obvious to you.

It will take devotion and compassion with the process. If you are stuck in your ego and find it impossible for you to Transcend it through tone, resonance and silence, then you may know that being exposed to the process will be of great help to you, though you will never find attainment until you are willing to let go of your fears.

What I offer you is a practice. What I give you is an authentic practice. If you are willing to explore beyond your genetics, you will find that this state of the Soul is more than worth the effort.

The Soul of meditation is consistency. It is the way of the Heart. To sustain this effort you must be willing to know that which the mind cannot entertain due to overindulgence with fear and gratification.

It is...time...to move on.



## PREPARING THE GROUND

**ONE:** Begin by observing what your daily life is all about. What is the intent of your daily living? Really look at it.

**TWO:** Observe what is important to you about your life. What do you consider of great importance to you regarding your life?

**THREE:** What constitutes meaning for you? What is it that you believe is most important about not only how you live but also the way you live.

**FOUR:** What beliefs do you follow that you clearly understand are essential to your reason for living? Write them down and really look at them.

**FIVE:** What are you here on this planet to do? What have you done with your life on this earth?

**SIX:** What will you leave behind when you leave this earth?

**SEVEN:** What will you take with you through death?

If nothing else...just contemplate all of this. The more honest you are the deeper will be your revelations, if you can have any at this time in your life.



# I have heard...

## Life Needs Challenges

Risks are necessary for growth.

An old farmer, mature, seasoned, one day was very angry with god-and he was a great devotee. He said to god in his morning prayer, "I have to tell it as it is-enough is enough! You don't understand even the ABC of agriculture! When the rains are needed there are no rains; when the rains are not needed you go on and pour them. What nonsense is this? If you don't understand agriculture you can ask me-I have devoted my whole life to it. Give me one chance: the coming season, let me decide and see what happens."

It is an ancient story. In those days people had such trust that they could talk directly to god, and their trust was such that the answer was bound to happen.

God said, "Okay, this season you decide!"

So the farmer decided, and he was very happy because whenever he wanted sun there was sun, whenever he wanted rain there was rain, whenever he wanted clouds there were clouds. And he avoided all dangers that could become destructive to his crops; no strong winds, no possibility of any destruction to his crops. And his wheat started growing higher than anybody had ever seen. And he was very happy. He thought, "Now I will show him!"

Then the crop was cut and he was very puzzled. There was no wheat at all-just empty husks with no wheat in them. What happened? Such big plants-plants big enough to have given wheat four times bigger than ordinary wheat. And suddenly he heard laughter from the clouds.

God laughed and the farmer said, "I am puzzled, because there was no possibility of destruction and all that was helpful was provided. And the plants were going so well; the crop was green and beautiful! What happened to my wheat?"

God said, "Because you avoided all dangers, it was impossible for the wheat to grow. It needs challenges."





# KARMA



## 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

### Entrance Into the Heart of the Soul

### March 25-29, 2019 - Mt. Madonna



Those who are willing to exceed their inherent fears will find that this Retreat will become something that they can take with them through death.

You will be offered a once in a lifetime event to realize the state of the Soul and how to attain to it. We do not just HAVE a Soul. There is so much more to it than we can think. You will not only be offered profound meditations but also the gestalts that will help you realize the meaning of this life experience that is beyond the common beliefs that the pedestrian mentality sustains through fear, hate and the logic and reasoning that makes all of this possible in our lives.

If you are of the ilk...come and join us.



ADDITIONAL INFORMATION ABOUT THIS RETREAT IS AVAILABLE AT <https://www.aspire.org/events/aspire-meditation-retreats/>

*Living requires Love.*







# Poetry & Prayers

## Sojourn by prem sangit

I seek the softer self  
gentle in service to my soul  
humbled by gratitude  
yielding to the flow  
patient in its reckoning  
bridged through creativity.

I seek the separate self  
new in each moment  
flowering, unfolding  
in effortless joy  
as melody of movement  
witness to the wonder  
of totality in communion.

"I" surrenders to the no self  
slipping between mysteries  
melting the mosaic union  
of perception and perceived  
evoking eternal continuity  
as a drop into the vast oneness

Of emptiness.





# FINGERS POINTING TO THE MOON

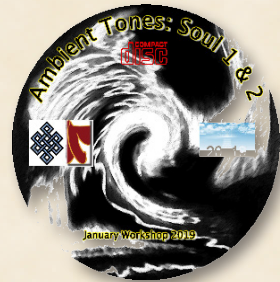
THE NEW MEDITATIONS  
FOR WORKSHOP IN  
JANUARY:

THE GROUND OF  
THE SOUL

*Tummo*

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*Here are the first efforts to help  
you resonate to the Soul. You will  
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goodness and it could make a  
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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 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 rich merchant who had four wives.

He loved the 4th wife the most and adorned her with rich robes and treated her to delicacies. He took great care of her and gave her nothing but the best.

He also loved the 3rd wife very much. He was very proud of her and always wanted to show her off to his friends. However, the merchant was always in great fear that she might run away with some other men.

He too, loved his 2nd wife. She is a very considerate person, always patient and in fact is the merchant's confidante. Whenever the merchant faced some problems, he always turned to his 2nd wife and she would always help him out and tide him through difficult times.

Now, the merchant's first wife is a very loyal partner and has made great contributions in maintaining his wealth and business as well as taking care of the household. However, the merchant did not love the first wife and although she loved him deeply, he hardly took notice of her.

One day, the merchant fell ill. Before long, he knew that he was going to die soon. He thought of his luxurious life and told himself, "Now I have 4 wives with me. But when I die, I'll be alone. How lonely I'll be!"

Thus, he asked the fourth wife, "I loved you most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?" "No way!" replied the 4th wife and she walked away without another word. The answer cut like a sharp knife right into the merchant's heart.

The sad merchant then asked the 3rd wife, "I have loved you so much for all my life. Now that I'm dying, will you follow me and keep me company?"

"No!" replied the 3rd wife. "Life is so good right here! I'm going to remarry when you die!" The merchant's heart sank and turned cold.

He then asked the second wife, "I always turned to you for help and you've always helped me out. Now I need your help again. When I die, will you follow me and keep me company?" "I'm sorry, I can't help you out this time!" replied the 2nd wife. "At the very most, I can only see you to your grave." The answer came like a bolt of thunder and the merchant was devastated.

Then a voice called out. "I'll leave with you. I'll follow you no matter where you go." The merchant looked up and there was his first wife. She was so skinny, almost like she suffered from malnutrition. Greatly grieved, the merchant said, "I should have taken much better care of you while I could have!" And then he died .....

Actually, we all have four wives in our lives.

- The fourth wife is our body. No matter how much time and effort we lavish in making it look good, it'll leave us when we die.
- Our third wife? She is our possessions, status, and wealth. When we die, they all go to others.
- The second wife is our family and friends. No matter how closely they have been there for us when we're alive, the furthest they can stay by us is up to the grave.
- The first wife is in fact our soul, often neglected in our pursuit of material wealth and sensual pleasure. Guess what? It is actually the only thing that follows us wherever we go.

Perhaps it's a good idea to cultivate and strengthen the soul now rather than to wait until we're on our deathbed to lament.

# SPONSORSHIP

*unconscionable generosity*

We enter into this new year with a profound sense of motive to awaken to the Heart and awaken ourselves to the Soul.

Aspire soulfully works to help all of those who, like yourself, seek the Way of the Heart. It is only through this beauty of the Heart that we sustain the essence of Love.

Only through your Love can Aspire serve humankind. Gregory works not only through Aspire to make radio and TV offerings, but also at Hospice. Only through your donations is he allowed to do any of this service to humankind.

Please become a Sponsor and help us to sustain the many important services that Aspire offers each and EVERY DAY.

## OUR MYSTERY DONOR

Our Mystery donor has agreed to match those of you who choose to become Sponsors. This act of true mercy and kindness allows Gregory to offer everything that he does to help you and many others.

Please become a Sponsor today and do something noble with your Heart. Aspire gives to many people that you will never meet. Gregory's Hospice work alone is a huge blessing to this community and those who need help in the last moments of their life.

Give a kind and merciful gift to help those who need our help. There are so many.

Only in the Heart do we find the meaning of our life in this world.

Dear Gregory:

Bless you. How few of us really "get" what you are doing.

I am so sorry.

Please forgive me.

Carolann  
Denver, Co



January 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  
Tummo Intonations  
Saturday,  
January 5, 2019  
Donation: \$95.00  
Includes Lunch

## MEDITATION WORKSHOP

Encinitas, CA  
Tummo Intonations  
Saturday,  
January 19, 2019  
Encinitas Community Center  
Donation: \$185.00  
Includes Lunch

## EVENT REGISTRATION

Phone:

831-622-8410

E-mail:

greg@aspire.org



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

*Lao-tzu*



**Insight at...Mt. Madonna**

*Northern California Workshop*



A Breath of Spirit for a Life of Awakening

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