

Aspire! 

Breath

A Journal of Transcendence

May 2020

The Authentic



I AM
THE WAY &
THE TRUTH &
THE LIFE.
NO ONE COMES TO
THE FATHER
EXCEPT THROUGH
ME. JOHN 14:6

Way



CONTENTS



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

*I say unto you that suffering is not holding you,
you are holding suffering.*

Rajneesh

The *Aspire!* Newsletter is a subscription-based monthly publication produced by Gregory Penn, DD.

Subscription Rates:

6 Months= \$50.00 donation

12 Months = \$100.00 donation

TO SUBSCRIBE

Phone: 831-622-8410

E-mail:

greg@aspire.org

Online

www.aspire.org/product-category/breath-journal

*Engage yourself in the living Present.
The future will take care of itself.*

Ramana Maharshi

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.



By the Seaside

Shiro wrote:

In snow-white mist
where sea and sky are one,
a single disk of red-the rising sun.

Haiku are pictures, visualize them. They are not poetry in the ordinary sense. Just visualize; these Haiku have come out of meditation. Perhaps Shiro was meditating by the seaside, and as he opened his eyes:

In snow-white mist
where sea and sky are one,
a single disk of red-rising sun.

And utter silence on his part, he is no more there. He is completely absorbed in the ocean, in the mist, in the rising sun.

HAIKU

Enough Said

My Beloved Reader:

Well here we are...quarantined!

Our incarceration is due to human mischief. This might be a good time in our lives to realize what is real and what is Authentic.

So, this month I am offering to you this Journal as well as a series of Discourses for May that will help you understand "That which is from That which Ain't."

I remember a beautiful Zen story of two men who found themselves in the same position that we all find ourselves in now. The first man became anxious as he had to spend many hours alone and in deep fear. He wasted his days in depression and anxiety.

The second man decided to use his time wisely and meditated, walked slowly and watched his breath.

*Where can the Self go when all that is...
is within?*

Yoga Vasistha

He listened to beautiful music and read literature that inspired him to become grateful and generous.

The choice is ours - to either use this time for the sake of uplifting our attentions to the Heart... or not. Hence my offering to you.

Metta to you.
Namaste
Siraj

THE AUTHENTIC
IS WHAT IS "REAL"
ALSO AUTHENTIC?
WE WILL BE
DELVING INTO
WHAT IT MEANS
TO BE AUTHENTIC
AND WHAT AN
AUTHENTIC
SPIRITUAL LIFE IS
LIKE.

TO BECOME
AUTHENTIC IS TO
FIND THE REALITY
OF LIVING BEYOND
THE MIND AND ITS
THOUGHTS.





KARMA



Ignorance Journey Quest Seeking Transformation

MEDITATION WORKSHOP ~ CARMEL, CA

Saturday, May 2, 2020 ~ 9:30am - 3:00pm

Unitarian Universalist Church of Monterey *(includes lunch)*

This Workshop will help us take a new direction in meditation. We will be using Vipassana meditation as our basis and learning how to evolve through tone and breath patterns into the depth of Solitude. This will prepare us for the Summer Retreat at Mt. Madonna.

\$100 per person

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

www.aspire.org/aspire-meditation-workshops



MEDITATION WORKSHOP ~ ENCINITAS, CA

Saturday, May 16, 2020 ~ 8:00am - 3:00pm

Encinitas Community Center *(includes lunch)*

This Workshop will be very important to get you ready for the summer meditation experience on living in lovelessness. Gregory will introduce two new Meditations that open up the HUMAN HEART and allow it to unload. A very important experience.

\$200 per person

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

www.aspire.org/aspire-meditation-workshops





By Gregory Penn

FROM WHERE I SIT

Karma of the Mystical Mystique

The Authentic Way

Let us begin with the definition of the word "Authentic." It is defined as: "of undisputed origin."

Within us is the point of origin where we derive the real meaning (Authentic) of our life and lifetime in this world. It seems that for most people this point of origin is the body (that includes emotionality) and the mind that has become a slave to the emotionality. From here, we live our life in a lifetime of great misunderstanding.

The misunderstanding as I see it is that people in general just think of themselves as a biological being, a human being and nothing more or less. For a great many people this is all there is...the human.

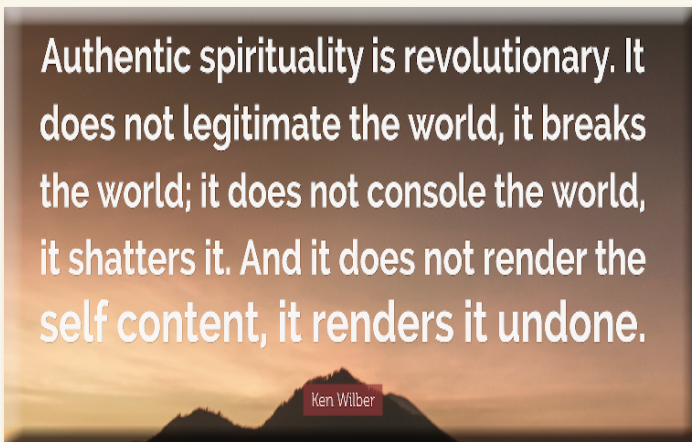
Living in such a way makes us ruthless and deeply ignorant of the more AUTHENTIC purposes of a lifetime. We tend to live as a result of our human intellect. The intellect of the body uses reasoning and logic to project the value and worth of any given element of living.

For instance, everything that we do must fit the reason for our survival. If we only think that we are here to survive, we will use logic to find any way possible to do so. The fear of the

emotions will enter into play here and cause us to find reasonable ways through actions to put food in our mouth and shelter our bodies. This in essence becomes the life and lifestyle of our existence here on earth.

Most all of our days and nights here on earth are spent in confinement to the body's whims and needs and not in the supplication of the Soul. We do not put the Soul first; we put the body first, and hence we develop a disdain for the spiritual, the Authentic, because we do not

see through reason and logic how the Soul or anything that might be considered spiritual has any real place in our living. Everything has to fit the mosaic of human survival to be important or valuable to the pedestrian mentality.



With all of this being said, you can see how you fit into anything that would be of the Authentic. If you consider your lifetime important or significant, what would be the criteria for this evaluation? I am sure it would have something to do with the mechanics of the human body and its need for comfort and security.

To live in such a manner is to miss the Authentic.

So, assuming that you are reading this offering because you are curious as to how to live

differently, I will share with you some of my private insights that might serve you well. In doing so you must understand that nothing can help any of us until we have the right INTENT within us. Our intent is the beginning of the Authentic Way.

The human being is a mixture of the biological and the effect that this biology has on the mental. Thoughts are comprised by the many different chemicals that exist within the human body. I will not get into the technical aspect of the human body here as I have done this many times with you in Workshops, Retreats and Commentaries.

With this said, the neurotransmitters in our brain cause us to act out of our genetic coding and actually impulse us to certain traits that sustain the exact same fears and hates that our ancestors had. In other words, we are living their lives without hesitation. Now, for many this is a matter of pride.

If you look deep within, you will realize that Love, Authentic Love, has absolutely nothing to do with anything that is meaningful to these neurotransmitters. They operate like a machine that is destined to itself.

Now, what does any or all of this mean to us? Simply, that we do not have any choice in how we live in this world or within ourselves until we seek liberation through spiritual Transcendence. Only when I am willing to exceed the biology of the body and brain will I be able to truly realize the Authentic Way. This is first done through INTENT.

My INTENT must be for the sake of Love. In this Love I must place my whole life's purpose. Students will ask me why they have not progressed in the Authentic. My answer is the same. I ask them how they have lived in Transcendence? How have they realized that they are living by the impulse of human urges and biology that keeps them in the same thoughts moment after moment, day after day and year after year?

*One moment can change a day, one day
can change a life and one life can
change the world.*

Buddha

Most all of them tell me they never consider any of this. I ask them why? The answer is always, "I don't know." Very sad. I have told them why and they just don't care

to understand nor to make any changes because they are afraid that they will lose something or suffer some difficulty. They rarely realize that the body and the mind will present great difficulty for them with or without the Authentic in their lives.

Most people try to weigh which is worse, the body and its troubles or the spiritual that causes us to live a different life, which also will cause problems for the biological.

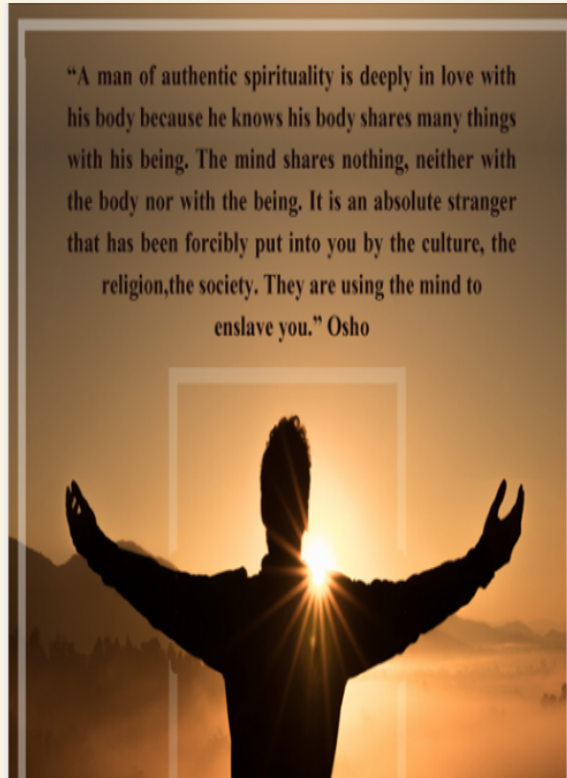
Recently, I had a student admit to me why she does not read my Commentaries, which are offerings of the different ilk. She said, "I

don't like reading your Commentaries or listening to your discourses because I don't really understand them and they get in the way of the way I like to live my life."

There you are!

A person can get used to living from the biological, most of us have, and only believe that whatever makes our biology feel good or comfortable or feel secure, that in this is the meaning of our life and should be our lifestyle. The INTENT here is lacking in so many ways, especially when it comes to the awakening of Love.

The second aspect of the Authentic Way is found in the consistency of transformation. This includes



metamorphosis, induced by devotion to the Heart of Love that lives within us. Now for the most part, most people do not know what this means.

In simple but direct words, the consistency of transformation means that we do not live from our genetic coding. Rather, we practice living in the Silence. This Silence does not mean that we do not speak. Yet at times it does mean that we do not speak. There are always paradoxes in the art of spiritual awakening. Few can tolerate this, I find. Hence, they throw out the baby with the bath water.

Silence is a state of the inner. It means that we come to no conclusion about anyone or anything in this lifetime. It means that we not only do not judge another but that we remain as the devotion to the WITHIN as our very breath. Silence must become the breath of our existence for there to be any kind of metamorphosis.

The human body lives to evolve. The spiritual Being of us lives to transform through metamorphosis. If you can comprehend this, you will know that the rush of information and logic that the human brain uses for evolution is in direct opposition to the process of transformation.

In the body, the mechanism for evolution is the human mind that is comprised of not only information and seeming knowledge, but also impulse from genetic dispositons. In other words, our brain works off of the acuity of our forefathers. This atmosphere is that of the absolute, and hence people become deeply absolute, rigid and basically deeply opinionated.

In the spiritual realm it is not knowledge, nor is it belief, that sustains the process of awakening. It is Silence. Silence, Authentic Silence, changes the tone that lives within us to that of a harmony that offers and sustains

consciousness. Authentic consciousness. From there a person now lives as a continuum of Love.

This Love is about the state of the Soul and has NOTHING TO DO WITH SURVIVAL of the body. Should Love be sustained through inner Silence, what is truly Authentic will reveal itself and will be the very state of our lifetime.

It will be life itself.

The Authentic comes in very simple ways.

If we can “do” without the motive of “why” or seeking results, we come into the Way of the Authentic and we find that there is a whole new “world” that lives within us. This “world” is not like what we see here on earth. It is the totality of the environment that is beyond the ideals of thought itself.

In the Authentic Way, we do not “think.” Rather, we are now open to impressions that sustain insight into the real or Authentic.

This is deeply significant.

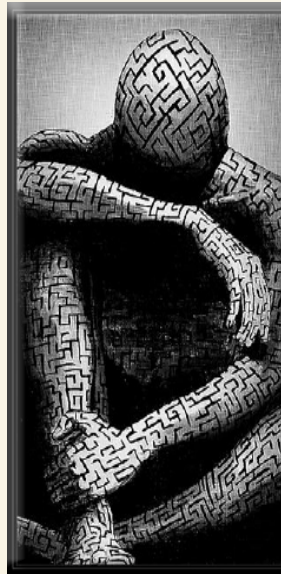
I cannot accentuate enough the state of this significance. It is beyond the syntax of words and thoughts. In my direct experience, it is the meaning of consciousness and sustains itself through an inner Silence.

Nothing can be more important.

I hope this helped you. The Discourses go into great detail about all of this. May they serve you well.

Please forgive me.

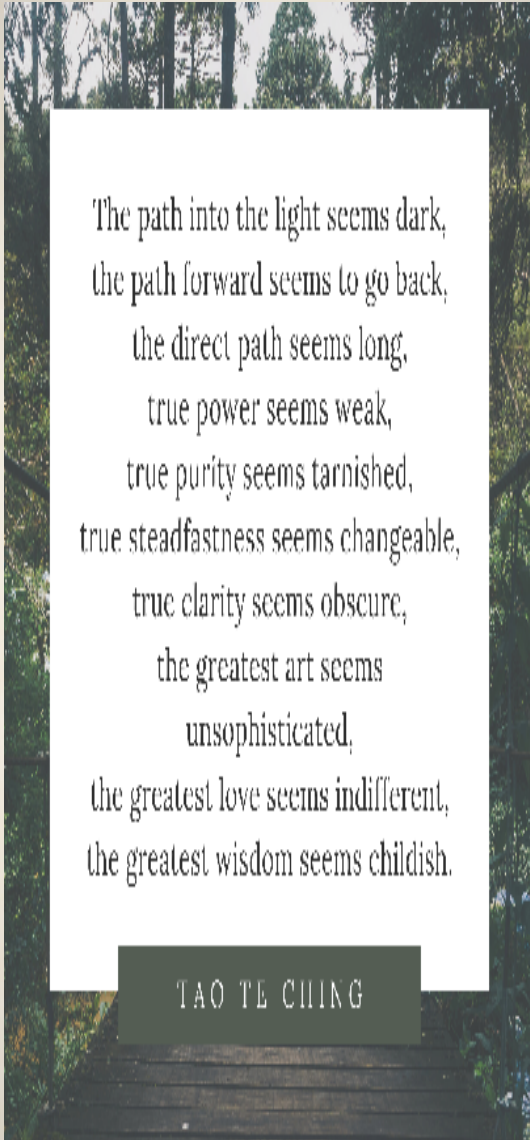
Gregory



We are SLAVES only to our Ego Consciousness, as long as we continue to remain ignorant (unaware) of how it functions inside us and the controlling hold it has.

-Anon I mus

THIS IS TAO



THAT WAS ZEN

In the reality of the Authentic, the light seems to bring only confusion and doubt. In the reality of the Authentic, progress seems like a regression.

The direct path seems long and arduous and weak. The depth of the purity and virtue look foolish and tarnished with a lack of morality.

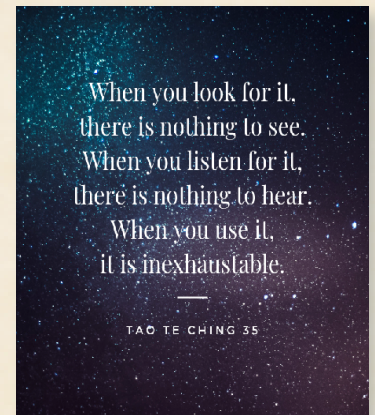
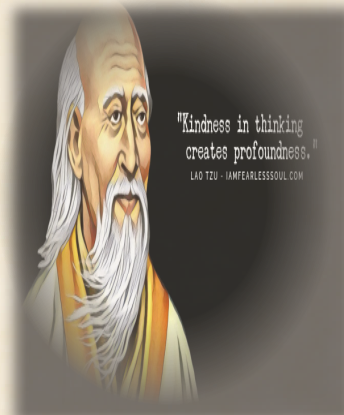
The average person cannot realize the magnitude of the Authentic. True stability is always changing.

The greatest Love seems indifferent to all emotionality, and the great wisdom of Life is simple, without complexities.

All of this is the Tao.

The Tao is the ebb and thrust of moving on the Path without a plan, without logic and reasoning. How few can really do this without entertaining doubt and fear.

To know the Way is to forget what has happened. To walk in the Way is to live beyond the beliefs of good and bad. The Way is the Authentic that the mind cannot comprehend with its parochial mentality.



Monthly Discourses

The Soul: The Authentic Way

What is the Authentic Way? Listen to these offerings and you shall take a full step into the Way, the Truth and the Light of the meaning of Transformation. Listen to these Discourses with all of your Heart. They are vital.

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 831-622-8410 to order or e-mail Gregory at greg@aspire.org. All donations are tax deductible and are used to purchase more air time for Aspire.



What is Authentic?

Gregory will take you into the meaning of Authentic and where it resides within.

How to Live in the Authentic While Still Living in the Body

The body lies. The Heart knows the Truth.

Making the Choice for Transformation Through the Authentic

It is not a matter of time; it is the essence of the essential.



Moving into the Authentic

In this offering you will be helped into the Authentic. This ending Discourse is potent.



Dear Messiah

Greg:

You are a hard teacher. I want to come and work with you, but I must consider the price of it both in the world and to myself.

Can you tell me what the benefits are? It will help me.

Richard
Monterey, CA



Beloved Richard:
Namaste

I am only as "hard," as you put it, as your resistance is to what I am trying to help you with. If you are not sincere about your life effort to Transcend and awaken beyond the process of birth and death, then you will not be able to work with me.

Do not feel bad. Most people can't. They are enmeshed in their minds, which belong to their genetic dispositions, and hence try to "fit" the practice into their lives without the permission of their inherited ego. Of course, this will not work with me. I am about making authentic progress.

Richard, you need proof, and this is not the criteria for anything in the spiritual realm. Please forgive me, but it would be best for you NOT to enter into this practice of the Authentic. You simply are not willing yet.

So I would advise you to go out there and live your life to the fullest extent of futility. Live by the motto: Eat, drink and be merry. Ignore my radio programs and listen to Rush Limbaugh. I am not your Teacher.

But should the day come where you can realize your own life and the futility that you have incarcerated yourself into and truly feel that you are drowning in the sea of mediocrity, still don't call me. :)

Only call when you have passed on into the other shore. I will be there to help you, to care for you and to help you along into the meaning of your life.

Thank you.
Please forgive me.
Gregory



Write to Gregory

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

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



Meditation

Authentic Meditation

There are meditations and then there are meditations.

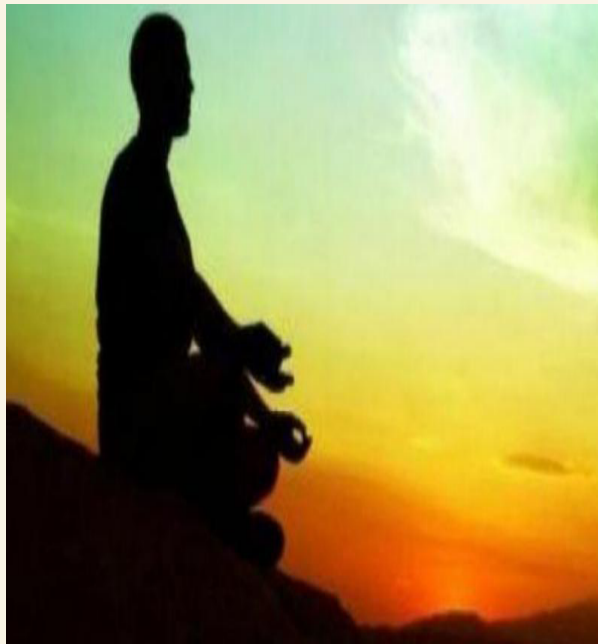
People who are insecure, and hence shallow, always want meditations that are “guaranteed” to bring about changes in the psychology. They have a belief or a criteria that they think would produce some sort of effective change in their minds that are so very ill.

To seek meditation in this way is to miss. There are many pitfalls to meditation. If one were to look at it from the point of view of “chances,” it would be obvious that any one person’s chances to achieve anything through meditation, like inner peace or enlightenment, would be nil to nothing. Gautama meditated for many, many years before his own awakening. And when it came, it was NOT through the means of his traditional practice of meditation.

Just think of how much is against you when you sit down to meditate. The body that you are housed in does not want you to practice nor does it have the ability to absorb meditation. It is full of traits, beliefs and the need for indulgences that would take a person away from the essence of deep inner awakening.

How do we overcome this? If a person tries through will power, they will miss. There is not enough will power within

the human being to be able to withstand working and working upon meditation with absolutely no signs of benefit. To the ego most people do meditate. It is their ego that defines their practice and either blows it all apart or sustains it with some sort of false goal that makes sense to it in order to achieve a consistency of practice.



All of this is wasted effort. This is why I offer the tones of Tibetan Pulsing and Tummo Meditations. Contained within these tones is the vibration that removes us from mind sets of arrogance and willfulness.

When a person comes to me and tells me that they are not “getting” anything from their practice, I always smile. This of course is not the meaning of an Authentic meditation. In fact, the reality is that the Authentic meditation practice does not FEED the ego, and this is why the person thinks that they are not getting anything out of their Pulsing practice. The ego has been sidestepped, and the person who is complaining cannot recognize this because they are just going through the motions of the meditations.

*Even if our words are just, even if our thoughts are precise,
that is not the same as the Truth,
Taisen Deshimaru*

It is very difficult for the very average person who believes that they

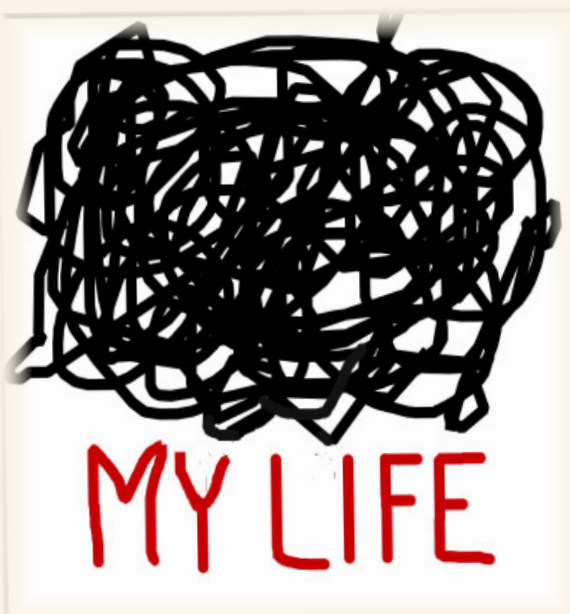
are “special” to truly meditate.

When the ego feels threatened, the person themselves feels threatened. The common belief of the average person is that anything that they do should invoke some sort of “good feelings” and make a person believe that they are “getting better.”

All of this is simply NOT true. In fact, for many a year, depending upon how gratified a person might be or need to be in their lifetime, we do live in the confinement of our own discontent. This causes us to live and believe that we have found the wrong practice. Not true. When a person feels the futility of their own energies and merely succumbs to the emotionality of the body and its ego, which we have spent our whole life creating, the lack of gratification emerges and most people will feel that they are in the wrong practice.

The most effective and authentic practice is the one that shows us how we have lived in the cultivation of the ego and how it feels to begin the journey to abandon this ego for the sake of spiritual awakening.

In an Authentic meditation we are breaking the bonds to living in the constant of “birth and death.” The ego just wants us to stay in this cycle.



AUTHENTIC MEDITATION

ONE: Any of the Tibetan Pulsing Meditations are a good place to begin. A person will need to really be ready for the onslaught of the ego, which will react to the new environment that the Meditations will offer. Hence, really getting into the Catharsis Meditations that I have offered to you is essential.

TWO: Developing the witness. This is one of the most important aspects of meditation. If a person cannot recognize the state of their mind and how it has become a slave to the emotional patterns of genetic dispositions, then there is no possible way any Authentic meditation can be of help.

THREE: Motivation is next. I have had people who posed as “students” and even took sannyas who really were just posers. These people went into the practice with the motivation of seeing what they could get from meditation. This very selfish motivation is contrary to the effort, and hence these people are always nomads who look for faster, easier and better.

FOUR: Want NOTHING with all of your Heart. This teaching from the Buddha is essential to understand. If I have to explain it to a person, then they are not willing of the Authentic and simply will not comprehend the meaning of the Authentic nor appreciate the Meditations for what they are.

I have heard...

Risk Everything

It happened in an emperor's court that a musician came. He was a very rare genius and he said, "I will play on my veena only on one condition: that nobody should move his head or his body while I am playing. People should become like stone statues."

The emperor was a madman and he said, "Don't you be worried. If somebody moves his head, his head will be cut off immediately."

The whole town was made alert-that if they came to listen to the musician, know-well that it was risky; come prepared, don't move, particularly the head.

Thousands of people wanted to come. They had long cherished the idea of hearing this musician, and now he had come with such a dangerous condition, almost absurd. Who has ever heard of any musician asking for such a condition to be fulfilled? In fact, musicians become happy when people sway, and their heads move and their body energy starts a subtle dance. They feel happy because their music is possessing people; their music is effective, people are moved.

The king made arrangements; soldiers were standing all around with naked swords. Then, the musician started playing. For half an hour nobody moved. People were like Yogis-sitting like stone Buddhas, unmoving, as if dead. Then, suddenly the people were possessed. As the musician entered deeper, a few heads started moving and swaying, then a few more.

When the musician finished in the middle of the night, many persons were caught; they were to be beheaded. But the musician said, "No! No need to kill them. In fact, these are the only people who have the capacity to listen. The others, who have remained like statues, have to be thrown out. Now I will play only for these people. These are the real listeners."

A moment comes when you can risk life, then music becomes primary, then music becomes ultimate. Then you hear the ancient music in the pines-not before.





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 Mollohan at 760-730-2341.

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

The Soulfulness 2020

Love Is Silence

July 19-24, 2020 - Mt. Madonna



To find the Love of your lifetime is a deeply moving experience. Siraj will help you in the most beautiful way a person can serve you.

This will be one of the most important moments of your lifetime. You will be offered a totally unique experience in the blessing of Transcendence. Come and join us for meditation, spiritual exercises and gestalts that will open the door to the bliss of Love.

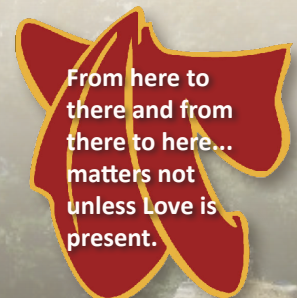
It is important that if you are considering coming to this Retreat that you join Gregory at either the Carmel Workshop or the Encinitas Workshop in May.

As always, there will be preparatory work offered during these Workshops.



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

*The measure of Love...
Is the absence of a
YOU.*



Poetry & Prayers



Swept Away

by Prem Sangit

Rolling gun-metal grey clouds,
resplendent with the promise
of life renewing raindrops,
dramatically out dance
the light but languid pace
of their somber silver sisters.
Feathery contrasts in shadow
weave a slow motion backdrop.
I smell the promise,
feel it in my soul,
attune in my being.

A whispered love sonnet is
offered up by a vanguard of variegated trees,
slightly swaying while gently brushed
in moisture laden breezes.
The first fresh spring growths of emerald clover
patched in sweet smelling, chartreuse grasses
reach cloudward in anticipation,
their velvet touch searching
the scent of the portended promise.

Observed and experienced
alongside heightened senses,
an awareness,
a distanced spectator-participant of the moment,
IS the observing, IS the experiencing.
And yet, somehow,
IS the promise, IS the promised.
Through Grace, a quantum expansion
yields the simultaneous contraction
into this exquisite and unique moment,
this precious oneness, Life.

FINGERS POINTING TO THE MOON

THE MAY MEDITATIONS

Donation is \$75.00

These Meditations incorporate Vipassana along with the tones of the Solar Plexus. It is important to calm down the emotionality that the Solar Plexus holds in order to find the Liminal World of compassion and kindness.

These Meditations are a prelude to our July Retreat and will serve as the basis for our effort in FORGIVENESS.

TO ORDER:

Phone: 831-622-8410

E-mail: greg@aspire.org

[CLICK HERE TO EMAIL GREGORY TO ORDER](#)



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.

I HAVE SEEN HER FACE!

Once a woman came wailing and weeping to a rabbi, but the rabbi was at prayer.

So, she said to the secretary:

"Go in, and even if his prayer has to be interrupted, interrupt.

My husband has left me.

I want the rabbi to pray for my husband to come back."

The secretary went in and interrupted the prayer. The rabbi said:

"Tell her, don't worry,

her husband will be back soon."

The secretary went back to the woman and said:

"Don't worry, don't be sad.

The rabbi says that your husband will come back soon.

Go home and be at ease."

Happy, the woman left, saying:

"God will reward your rabbi a million times over, he is so kind."

But once the woman had left, the secretary became sad,

and told someone who was standing there

that this was not going to help.

"Her husband cannot come back, poor woman,

and she left here so happy."

The bystander said:

"But why?

Don't you believe in your rabbi and his prayer?"

The secretary said:

"Of course I believe in my rabbi and I believe in his prayer.

But he has only seen the woman's petition, I have seen her face.

Her husband cannot ever come back."

SPONSORSHIP

unconscionable generosity

Your Sponsorship is deeply important. As the years roll on, many of our Sponsors have left their bodies and we need people to replace them in order to sustain Aspire.

Your donations mean so much to this work and keep it alive. Leaving Aspire in your Will is also a way to sustain it and allow it to serve humankind as a representation of your devotion to Love. This is, of course, one of the most important gifts you can give.

Please try to understand how your gifts affect this world. Only through your donations do we make any kind of real difference in the lives of those people who are just like you. Somewhere out there...there is a "you" who needs to hear the message that only Aspire can offer. Please help today.

Your support makes all of this possible. [Become a Sponsor](#) and help us sustain our efforts to serve humankind.

Dear Gregory:

Please, please never give up!

Randy
Coronado, CA

ASPIRE UNPLUGGED

As you might know, we have had many a Sponsor quit on us. Most people are more concerned about their survival than their compassion.

In order to survive we have had to use money given for the filming of our last programs. It is sad...but true.

I do not really know what to say to you about all of this. I guess the survival of Aspire must come first. Anyway, your donations would be most helpful. Aspire, as a Light, offering radio and past programs will have to be enough for now. But all of this costs money. Please help by becoming a Sponsor or by offering your loving donation.

If you watch the [Aspire programs](#) on the Aspire website you will see.

Please [offer your gift today](#) to allow us to create this essential service.



May
Message of the Month

The Way is through you...



via compassion and mercy.

EVENTS



with Gregory

OPEN DIALOGUE WITH
GREGORY

Saturday - 9:00-9:30 am
(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
The Love That IS
Saturday,
May 2, 2020
Donation: \$100.00
Includes Lunch

MEDITATION WORKSHOP

Encinitas, CA
The Love That IS
Saturday,
May 16, 2020
Encinitas Community Center
Donation: \$200.00
Includes Lunch

EVENT REGISTRATION

Phone:

831-622-8410

E-mail:

greg@aspire.org



A man sees in the world what he carries in his heart.

Goethe



Meditation Workshop in Carmel, CA



A Breath of Spirit for a Life of Awakening

©2020. All rights reserved.