

Aspire!



Breath

A Journal of Transcendence

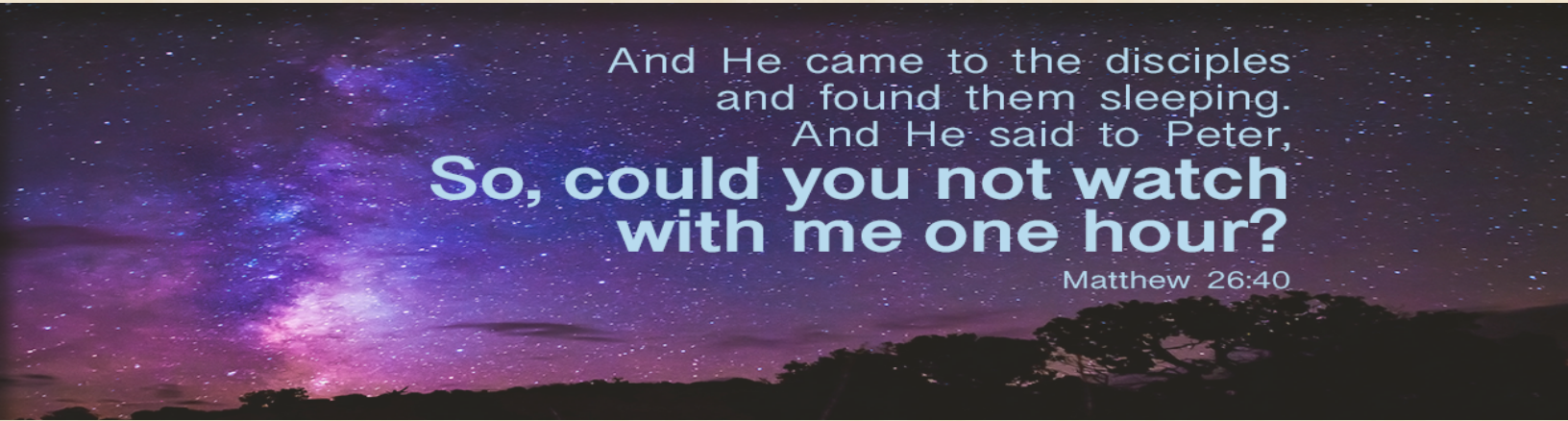
June 2020

The Art of

And He came to the disciples
and found them sleeping.
And He said to Peter,
**So, could you not watch
with me one hour?**

Matthew 26:40

Self-Observation



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 am always at the beginning.

The elderly Buddha, when asked about his life.

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Awakening begins when a person realizes that they are going nowhere and they do not know where to go.

George Gurdjieff

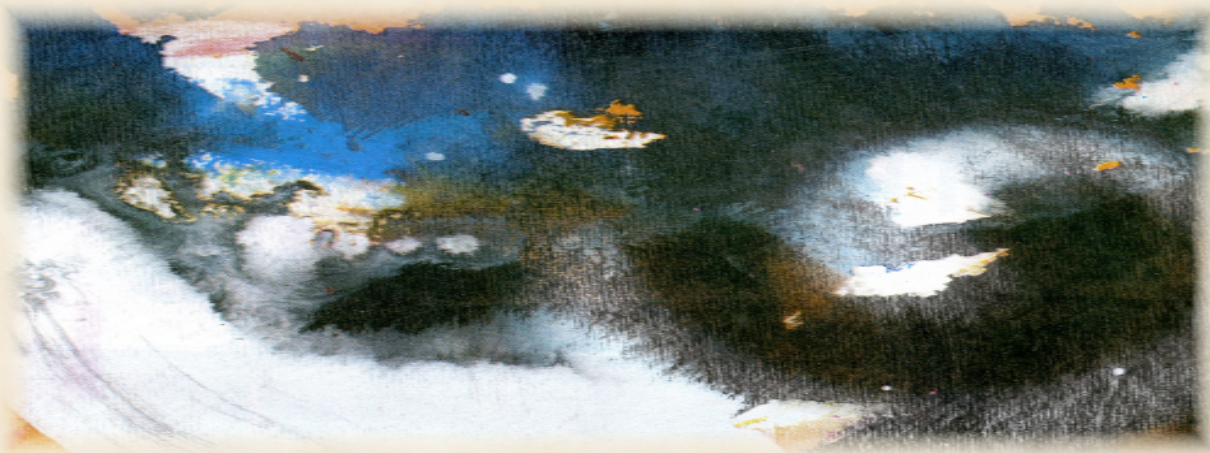
Statement of Purpose

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.



Everything Passes On

Basho wrote:

The passing days and months
are eternal travelers in time.

Why did he write this haiku? One who knows nothing of Zen will be unable to find any meaning in it, but for one who knows the context, the context is the witness.

This haiku is not saying just anything about the witness, but in fact it is saying everything about the witness. It is just like a mirror. Months and days and years are eternal travelers. They go on passing before us, but we are always here and now. We are not traveling. Our whole existence is here and now, always. It does not matter where your body is.

The haiku has meaning only for a meditator. Everything passes on. It is a caravan of stars, of days, of months, of years, of seasons, but you, you simply remain here, silently watching the whole procession.

This center that never moves is the center, not only of you, but of the existence. The whole existence is moving on this center. Knowing this, you settle. You have found your whole, you relax. All desires disappear, all ambitions disappear. There is nowhere to go and there is nothing to be achieved. Everything is as it should be.

In the moment when you experience this - that everything is as it should be - become a Buddha. This is what we call awakening.

Enough Said

My Beloved Reader:

Welcome to June!

Many have been struggling with the quarantine and simply do not know what to do with themselves. My radio questions have been beset with people who just can't deal with being alone with themselves.

Not only that but they cannot do any kind of self-observation. So, I thought that it might be helpful to share with you some insights through this Journal and the Message of the Month along with the Discourses on what it means to have a sense of self-observation. It is very important if one is truly seeking to discover the Authentic within.

At this time I do not know the status of our Workshop here in Carmel. Mt. Madonna is closed until September. So it seems that we will be able to have our first and only Retreat for this year in November.

Could ye not watch with me one hour?

Jesus

I have so much to share with all of you in November. It has been a very difficult year for Aspire and for all of you, I am sure.

I hope you can do some self-observation and prepare for our time together.

I am honored.
Metta to you.
Namaste
Siraj

SELF-OBSERVATION

What does self-observation mean?

It is the ability to recognize the human "self" and then not identify with it as the seeming person that you are.

The process is to watch and, without judgment, begin to realize what the human is made of.

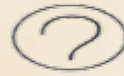
It is an art to comprehend the meaning of self-observation.



"Self-observation brings man to the realization of the necessity of self-change. And in observing himself a man notices that self-observation itself brings about certain changes in his inner processes. He begins to understand that self-observation is an instrument of self-change, a means of awakening." -- Gurdjieff



KARMA



Ignorance Journey Quest Seeking Transformation

MEDITATION WORKSHOP ~ CARMEL, CA

Saturday, July 18, 2020 ~ 9:30am - 3:00pm

Unitarian Universalist Church of Monterey *(includes lunch)*

We will begin our Retreat with this workshop as a prelude to the meaning of Love. We are not going to dabble in emotionality. We will be working with insights and gestalts that will help you ready yourself for a very powerful experience this Summer. Come and join us. You are just a breath away!

\$100 per person

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

www.aspire.org/aspire-meditation-workshops



MEDITATION WORKSHOP ~ ENCINITAS, CA

Saturday, September 19, 2020 ~ 8:00am - 3:00pm

Encinitas Community Center *(includes lunch)*

This fall workshop will be a prelude to new meditations on forgiveness. Working on the blessed state of forgiveness will allow you to have the full experience of the November retreat. Do not miss this one. It will prove itself very important to your Karma, your life.

\$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

Self-Observation

The most essential element in spiritual awakening is the process of what is called: Self-observation. This is not something that can be ignored within an Authentic Spiritual Practice. The problem is that most people are not mature enough to move into self-observation, nor do they wish to.

I have wrestled with many a student over the years on self-observation. Most all of the people that have left the practice could not and would not engage in self-observation.

Their reasons were varied and most of them simply lied about why they left and could not and would not practice self-observation.

The issue is that most people have an exaggerated point of view about themselves. This amplification

of the "self" is typically embellished with their moral values, which really have no place in an Authentic Spiritual Practice. But nonetheless, the temptation to the aggrandizement of their persona appeases the emotionality both for the seeming "good" and the seeming "bad" as well.

In other words, many students will either make themselves out a "perfect person" or they will bully themselves into believing that they are the scum of the earth. They just can't realize the fact of the matter and so they bulldoze

themselves into personal hate and depression because they know they have a "dark side" to their human nature and they just cannot put it into perspective.

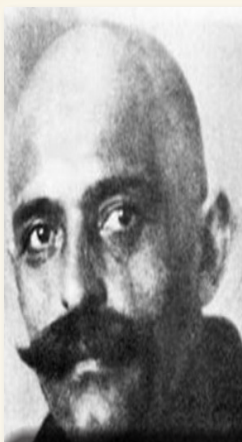
People will always relate themselves to their genetics and seek to become what would make their parents "proud" or avenge themselves from their parents by being something that was less than acceptable by both the parents and society. It is all a very mixed bag.

So, as you look at yourself right now, how much do you really know about the "self" that you believe that you have become? Is this "self" the who of who you believe that you are? What do you know about the human self that is constantly at your attentions?

What is this "self" and how does it manifest its presence in your lifetime?

All of these questions are very important, but few have the patience, compassion and tenacity to comprehend the elements of the "self" and the genetics that they come from. Along with this is the deep shame that people experience through their emotionality when they find that there is a quirk in the persona that is embarrassing and shameful.

In an Authentic Spiritual Practice a person does



Without self knowledge, without understanding the working and functions of his machine, man cannot be free, he cannot govern himself and he will always remain a slave.

— G. I. Gurdjieff —

not ignore any of this for the sake of saving “face.” We must be willing to recognize what the genetic self is capable of doing and then simply and without guilt or shame, forgive and just not feed that which wants attention.

This means we must stop with the impulses that push us to live our lives as a clone to our parents and our parent’s parents. People do not understand that they are NOT living their own lives. In fact, if any one of us lives by our impulses, we are merely following our biology both in DNA and genetics. If this is good enough for you, then you have completed your life-cycle and will merely live for the sake of survival.

For the majority of us Sapiens, this is enough. But if you are of the ilk that you just do not want to be and become a repetition of your parents and feel like it might be more authentic of you to transcend their behaviors and impulses, for a life lived in something other than fear...you will have to awaken to the Truth of your being.

This Truth of being is so beautiful and can be accomplished by anyone who is truly seeking to break the chain of birth and death. The problem is that most people simply do not have a handle on their after-life. They have, through religious training or some sort of trumped-up philosophy, come to a place where they can use their “beliefs” as an alibi for their lifestyle. Their very unspiritual lifestyle.

If you are willing, if you can realize the meaning of living beyond the grit of the humanity that surrounds you in the form of impulses and biology that leads one to live in hate and fear, then you are ready for self-observation. This will be the first of many steps on the path to spiritual awakening. You can begin right here in this very moment.

Allow me to help you, please.

Even if our words are just, even if our thoughts are precise, that is not the same as the truth.

Taisen Deshimaru

The first effort will be to simply watch the “self” of you who is purely biological. We must watch what is going on within us. If we are diligent, we will realize that everything that we do is out of DNA. Our DNA is purely for survival and makes us not only ruthless but dense. We just cannot see anything past the alignment of our senses, and hence do everything we can, which includes our lifestyle, around emotional survival. Comfort, emotionally speaking, then becomes the criteria of a happy life.

To live in such a manner is what our parents did and their parents. If you look at your family, you will see that they were not awakened to the meaning of life itself. A person can seem “happy” but not in sync with Life itself. Happiness, true happiness, is a quality of consciousness. It has nothing at all to do with the circumstances of our lifetime.

Spiritual awakening depends upon observing how the mind works off the emotions. Emotions are the result of our genetic nature, which is trying desperately to sustain life via the impulses of DNA. That is it!

We are in a constant flux of fear about how we will survive and then later on in our lifetime we are in fear of how we will die. We want to be “taken care of” when we die. The body that was once our pride and joy in youth now becomes our most feared foe. To recognize all of this and realize how deeply afraid we are of the elements of the body is something to truly observe. We just do not want the party to end!



This awareness of the body and how it functions is the first point of self-observation. If you are willing to just observe how the body functions when we are with people, how the mind works off the body in social settings, we can learn a great deal about ourselves.

One of the first elements of human mind to realize is that of the overemphasis of gratification. Once a person realizes that they need a great deal of gratification in order to survive and be "happy," they have come to the place where the rubber meets the road in this world.

Our whole life is about self-satisfaction. How we make ourself feel satisfied about not just what we have or what we can get but also who we like to think that we are. If we believe that we get a great deal of self-satisfaction and cannot recognize that this emotional state is killing us both physically and spiritually, then we will not mature into the compassion to recognize other parts of our humanity that are self-destructive.

With all of this said, it is deeply important to understand and recognize the manner of our humanity and how different it is compared to the manner of our Spirit. Our humanity is always looking for satisfaction. Our Spirit is the state of being where the Authentic, the mystery of this Authentic, enters into our lives and changes everything.

Please remember that the Authentic brings us to our Karma and helps us understand this Karma and how to allow it to become the very beauty of our existence. This is why the Practice is so important. In our effort to awaken, we come to that most blessed point where only the state of forgiveness is important. We must be willing to forgive the part of us that chose to live from the darkness of the ego. If we are willing of this, if we can truly forgive, we will move deeply into the

Authentic and realize the meaning of having no more to do with the "self."

In truth there is no "self." Only when we enter into a physical body do we obtain a "self." This "self" is genetic and answers only to the DNA. We are here in these bodies from the Karma that we have cultivated in not only this world but also in other lifetimes. When we are willing to truly recognize this through meditation, we will then begin our journey into Love, the Authentic.

Self-observation is a process of living. To pull back emotionally and not listen to our thoughts, not talk to our thoughts, not indulge our emotions is the way

out of the human "self." This requires diligence and discipline. Of course most of us simply do not know how to live in the middle way. This middle way is to live in the world but not of the world. This is a lifestyle of composure and compassion.

You can do this!

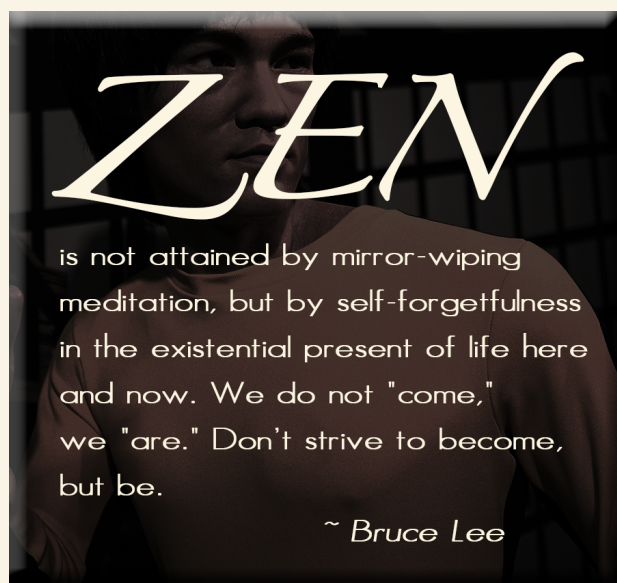
But you will need to truly have the intent of Love.

It is only in Love that we find the stamina to enact the inner

discipline for this kind of awakening. To deny the "self" enough to create an awakening, but not so much as to make it our enemy, is a very delicate balance. Working upon ourselves is defined by sustaining the balance between the body/mind and the Authentic Heart. You can do this with some practice.

I hope this helped you. The Discourses this month are dedicated to all of this. I hope that you will listen to them. They are deeply important to you.

Please forgive me.
Gregory



THIS IS TAO



Be content with what you have;
rejoice in the way things are.
When you realize there is
nothing lacking, the whole
world belongs to you.

Lao Tzu

THAT WAS ZEN

There is an ol' Zen saying that every snowflake falls in the perfect place. In other words, everything is perfect just as it is. Nothing is out of place in this world.

We see many atrocities in this world. Is this Zen saying accurate? Is Lao-tzu correct when he says that we need be "content" with what we have? Has the snowflake come to reside perfectly in your life?

It is important to understand that our living resides within our Karma. Our life lives within Life itself. Never confuse the world with this Life. This is the mistake that most of us make in our lifetime. We make our life the living we have carved out through Karma.

Most of us have very harsh Karma and our living proves this in so many ways. It is powerful to live in the elements of disdain for the world and even ourselves.

But to change all of this is simple. Be observant and be willing to see what the mind is unwilling to admit. Then with great Love, live in the lovingness of the Heart and find your way out of the despair of this world. You are made of a great Love.... never forget this.

You are Love.



Monthly Discourses

The Soul: Self-Observation

Jesus' statement to his disciples in the Garden of Gethsemane was deeply significant. Within the following offerings (Discourses) Gregory will take you into the meaning of self-observation and why it is so very important. May these offerings help you come to where the human can find its place within your life and not impede your process.

Gregory offers 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.



The Human

What is the Human and how do we live within it?



Finding the Place for the Human

Learning to find that place where the human can exist and not be an impediment to the process is an art.

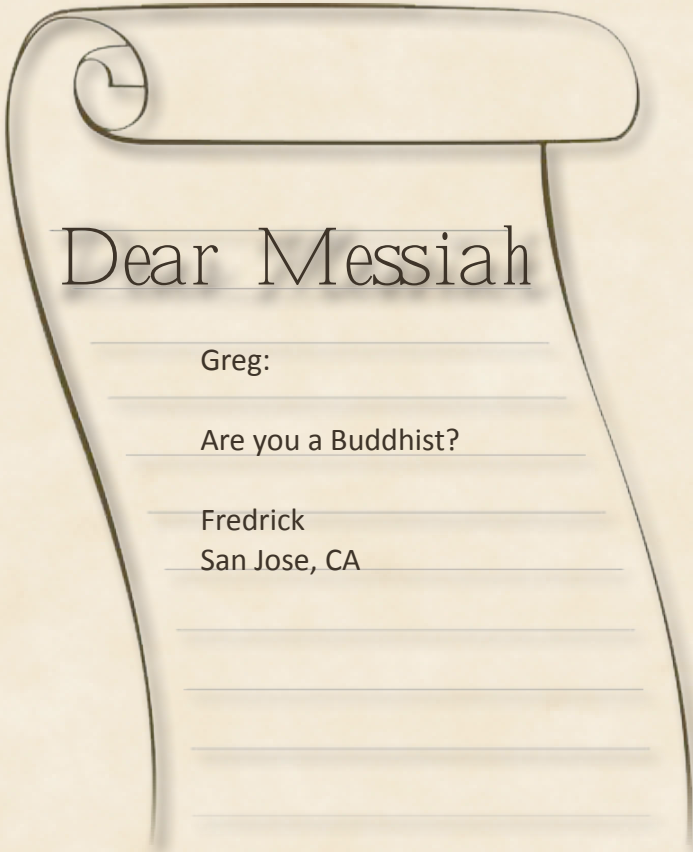
Watching.....

Learning how to watch the body/mind and how they both like to operate is deeply significant.

Living without the Consent of the Human

How to live in the freedom of the Authentic without hesitation.





Dear Messiah

Greg:

Are you a Buddhist?

Fredrick
San Jose, CA



Write to Gregory

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

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



Beloved Fredrick:

Namaste

Thank you for your question. I get it a great deal.

In fact, I am not any "ist" at all. I am deeply moved by the Buddha and have great respect for Buddhists. I have equal interest in Jesus and Lao-tzu. I have no hidden preferences.

This has caused a great deal of misunderstanding with people, all throughout my career. I am a devotee of the Authentic. Whatever serves the needs of the Authentic, whatever explains the meaning of the state of the Authentic, I am profoundly interested in. I do not allow my human affections to go one way or another with personalities such as Buddha, Jesus and Lao-tzu. All of them have their divine place within me and within you!

So, I speak to the most vital insights of all great Masters. They have come to help us and I do not allow for preferences. This is important to my effort to serve humankind.

Every person who comes into our lives has something to share with us of the Truth. It matters not if they are awakened or not. Everything, everyone is important to our process of awakening.

For this we are all blessed.

Thank you.
Please forgive me.
Gregory



Meditation

Observation: Meditation

In the beginning of an Authentic Spiritual Practice a person must practice self-observation. In this observation we are not seeking to dis our persona or our human nature. But what we are seeking to do is become aware of the state of our emotionality and how it affects our psychology.

Then, when we can realize what is going on within the genetic mind, learn how to step away from our heritage and begin experiencing our own life on the terms of Love rather than fear and pride.

People are superstitious about meditation and moving within. I find that many of my former students just could NOT enter the within. Every time they closed their eyes, all of the problems of themselves came screaming out. They just could not and would not deal with it all by simply observing.

So, what is observing?

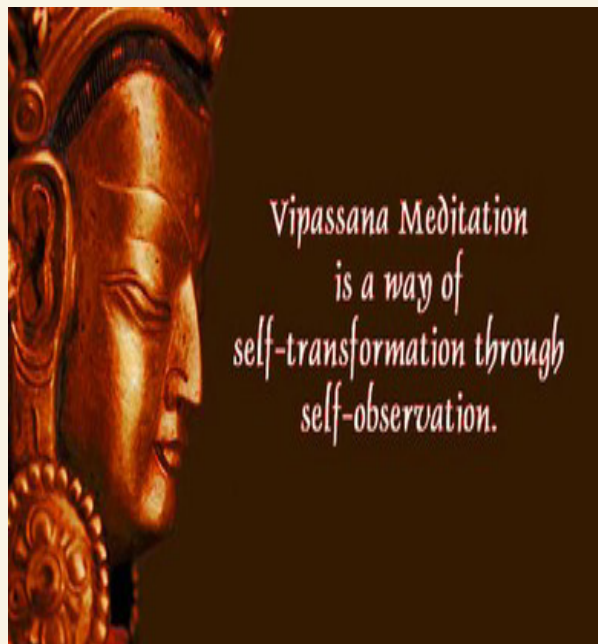
To observe is simply to watch without prejudice and preference. This is hard to do for most people, especially those who are “thinkers” and pride themselves on their faculty to understand what they believe is true. This is a huge downfall that most of us suffer from. So self-observation is simply not going to happen. Besides, what does one do when they realize

how they think and what their ego is doing to them?

If you are going to truly meditate, you will need to understand what the mind and body relationship is and how they work against us as we form the posture of meditation within us. Our bodies belong to our parents and all of the people that our parents

came from. Our minds belong to the same but with a twist...our minds are susceptible to the emotionality of the body's survival both physically and in the social realm.

Also, with self-observation there comes the doubt factor. We begin, the more that we observe, to understand that we are not the people we would like to believe that we are and huge doubt enters into our minds causing us to become doubtful of the meditation itself...or the



Teacher!

There is no end to the mischief of the mind and body and how they seek to take away the meaning of meditation, and hence the meaning of life itself. So, with all of this said, what can you do to bring about insight through self-observation? It is really very simple.

*Stay quiet, be still, here you are, stay as presence in your Heart.
Do not fear meeting the real Self. It is what you have always been.*

Papaji

We must be willing to recognize the human instincts

that exist in our DNA. If we can recognize how we live in both “acceptance” and “rejection” of others and ourselves, we can eventually realize the delusion that we live in as our minds succumb to the ego, which is constantly manufacturing the evidence needed for great mischief in our life. A polite way of saying our stupidity.

The more emotional a person is, the harder it is for them to comprehend the techniques of mind that make us think and live in the delusion of the self. In all truth, we have no “self.” The only elements of reality that exist are those that we can take with us through death. This is the criteria for authentic living.

If you are done trying to be something or someone that you are NOT and cannot be, then you are on the path of true adventure. There will be many a pitfall for you to fall into. All of these will try to maneuver you past your Authentic Heart and Soul in order to logically come to the place where the ego can make “sense” to you and create the illusion of your most beloved delusions.

If we are not past all of this...then futility will be your great teacher. It can be very difficult to observe what causes all of this frustration...but it is necessary.



OBSERVATION IN MEDITATION

ONE: First of all, a person must not seek improvement. We are not here to improve the ego and how it functions. Nor are we seeking to train our minds to believe in anything. If you do not have this posture within you, you will never find the sweet spot in your practice of meditation.

TWO: So much is done outside of the formal sit. During the day as many times as you can, observe the state of the mind. How deeply immature it is via selfishness and pride. If you can observe this without personal hatred and fear...then you are in the right place for the practice of meditation.

THREE: Do not talk to your mind. Do not have conversations with thoughts. Let them pass through you like clouds in the sky. As they do, watch how the body with all of its emotionality wants to lure you into a conversation. You might call this “thinking.” But don’t. Just watch and keep watching. No criticism or condemnation.

FOUR: Eventually, as you practice the above, you will notice that there is a “witness” within you. Something of the “you” that can watch and observe. This observer is the Authentic. You are the Authentic. With this as your state of being there can be deep metamorphosis. There can be transcendence within you. It is here that meekness toward the immortal Soul begins to become evident.

I have heard...

Galileo Is Sorry

Things are the way they are.

Galileo was the first man who said that the reality is just the opposite from previous beliefs; the earth goes around the sun. Now this was against the bible and to find any fault with the bible is dangerous. If one thing can be faulty in the bible, then what about other things? Maybe they are also faulty; they just need some Galileo to find the faults. Then where will it end? And if prophets are faulty, what about the pope? And all the popes had believed...

Galileo was called into the court of the pope. He was forced, he was very old and ill and he was dragged in chains to the court. He had been in bed and so ill that he was going to die any day, and he didn't live long after this. He was forced to apologize.

Galileo must have been a man of great insight. He said, "Of course, if the bible says and if all the prophets agree and if all the popes, who are infallible, if they say that the sun moves around the earth, I apologize, I am sorry."

The pope was very happy, the court was very happy that they had brought a sinner back to his senses.

Then Galileo said, "But one thing I must tell you. I can apologize; I can say if you want me to that the sun moves round the earth, but the sun won't listen to me and the earth has no obligation to follow my orders. Still the earth will go on moving around the sun, my apologies apart. I apologize, but what can I do? If the earth moves around the sun I cannot stop it."





KARMA

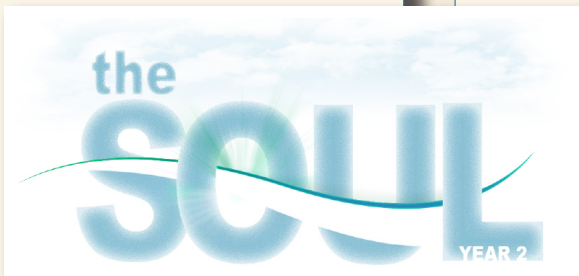
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Ignorance Journey Quest Seeking Transformation

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.



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

The Soulfulness 2020

November 16-20, 2020 - Mt. Madonna

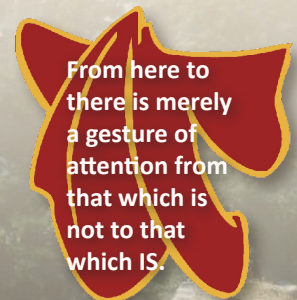


Much healing and Love will occur at the November Retreat. If you are willing to take a loving stance with humility and meekness for those you have hurt and those that you feel have hurt you...a deep healing will take place at our Retreat.

This effort is toward the Soul and will change the way you live from within yourself. You will find that your inner posture, your inner stature will change and transform. This is a big part of living and what it means to have a more transcending life and lifestyle.

If you are done with the vexations of your Soul and wish to change the powerful gestalt of your life into a beautiful transition...then you will want to be with us next month for the experience of a lifetime.

In the Way the Truth is revealed not as moral, but as Transformational





Poetry & Prayers

The Timeless Time

by prem sangit

Landscapes shift with every step
as in waves, ripples of uncertainty,
radiating out from toe to eternity.
I watch my “self”, my construct, dissolve
a bit more into each distortion crest,
then flow away to the nevermore.

Child’s sing-song play
floats across the liquid air
from his boy-in-a bubble world,
a Salvador Dali happening.
Stranger in a strange land.

Look, listen, but don’t touch.
Isolated impressions coalesce
into disjointed experience.
Meaningless time without purpose,
agenda du jour drifts without the confines
of a ready-built routine.

Falling through grief of lost, familiar guideposts
to the unseen layer of life underneath,
more real than this reality.
Breaking forth in the novel experience
of previously overlooked joy
textured in the moment, dimensions of dance
untouched by the disasters of humankind.

Underlying the grief and bittersweet sentiment,
bathed in the divine, a simple awe
overwhelms my idea of what is,
loosens my grip on all references
to imagined realities.

FINGERS POINTING TO THE MOON

OPEN DIALOGUE WITH GREGORY

Love Offerings Accepted

**SATURDAYS – 9:00-9:30 AM
(Pacific Time)**

aspire.org/events/open-dialogue-with-gregory/

Aspire now offers a weekly interactive Open Dialogue With Gregory (*Saturday morning Discourse*) live online using Zoom video conferencing software.

Topics vary and are always meaningful to the process of Awakening.

You may email questions to Gregory prior to each Saturday morning call.



Join us with
zoom
Video Conferencing

Once you have logged in to the discussion, attendee controls will appear at the bottom of your screen:

- Please set your audio to **"Mute"** when you are not speaking in order to reduce background noise during the discussion
(note: typing, music or other background noise will interrupt the current speaker's audio and video)
- Video is not required to participate - you can disable the video option by clicking on the video camera icon, which will show a red / or X when disabled

EMAIL A QUESTION:

greg@aspire.org

JOIN THE CONVERSATION



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.

Killing the Father

A disciple of Buddha was taking leave of Him. He was going on a faraway pilgrimage to spread Buddha's word. He touched Buddha's feet, he waited there for His blessing. Buddha blessed him and said to the assembly, "Look, brothers! This is a rare disciple! And what is his rarity? He has killed his mother and father!"

He had never said such a thing. And nobody had ever thought that this man could kill his father and mother. He was one of the most silent, peaceful, loving persons they had ever seen. He was compassion incarnate.

Somebody asked, "We don't understand. What do you mean by saying that he has killed his father and mother?"

And Buddha said, "Exactly that: he has killed the voice of his father and mother inside him, the parental voice." That is very deep-rooted in you.

Rajneesh

SPONSORSHIP

unconscionable generosity

Aspire serves at many different levels. From hospice to radio and television.

While it is an honor to do this kind of work it all is dependent upon donations to pay the bills for doing this kind service to humankind.

There are bills for everything from airtime to gasoline to editing programs so they will meet the criteria of YouTube. Bills, bills bills. It is only through your donations that we are allowed to make any kind of effort to serve humankind.

Please, if you are not a [Sponsor](#) now is the time to really help us and become a helper for the cause of spiritual awakening which is the only aspect of living that is important.

It is the only element one can take with them through death.

Dear Gregory:

Please, please never give up!

Randy
Coronado, CA

[ASPIRE UNPLUGGED](#)

Due to the pandemic we are nearly drained financially. We have had to use every penny to survive and serve humankind.

We will have to begin again in raising donations. The best effort we can make is to do so in the fall by giving our Year End donations in an effort to make the last series of programs that Aspire will ever offer.

These programs will be important to all of you who have watched the many [Aspire TV](#) series I have offered over the years in order to help you awaken to the Way.

For right now please just help us survive by offering your gifts through [Sponsorship](#).

Thank you for your help.



June
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
The Silence of Love
Saturday,
July 18, 2020
Donation: \$100.00
Includes Lunch

MEDITATION WORKSHOP

Encinitas, CA
In the State of Love
Saturday,
September 19, 2020
Encinitas Community Center
Donation: \$200.00
Includes Lunch

EVENT REGISTRATION

Phone:

831-622-8410

E-mail:

greg@aspire.org



*When you breathe in, you bring all of yourself together,
body and mind; you become one.*

Thich Nhat Hanh



Energy Darshan at an Asilomar Retreat



A Breath of Spirit for a Life of Awakening

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