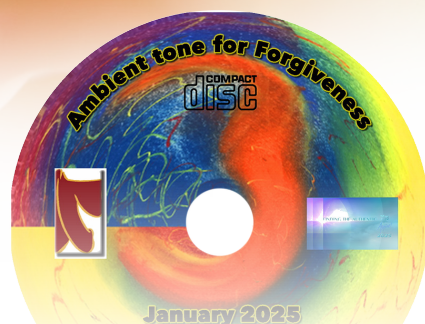


Forgiveness & Mercy

New Meditations & Ambient Tones



Weekly Journal Entries

January - February 2025

Please write down your answers with only one sentence, then bring your answers with you to sessions with Gregory.

Monday: Quietude 3
Tuesday: Pluming 5
Wednesday: Mercy
Thursday: Forgiveness
Friday: Pluming 6
Saturday: Mercy
Sunday: Pluming 5

Please practice the Pluming Evening Meditation every night before sleep.

Please also practice a Catharsis Meditation at least three times per week.

The Manor of the Way
Preparation for
February Retreat



Please journal each day until the
February Retreat:

One: What emotionality do I carry with me all day?

Two: What seems unforgivable about myself?

Three: What am I consciously ignoring about my life and the "self?"

Weekly Summation:
Am I living as did my parents?