

May 2026

New Meditations & Ambient Tones



Weekly Journal Entries

May-June 2026

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

Monday: Quietude Three

Tuesday: Heart Posture

Wednesday: The Gap

Thursday: Heart Posture

Friday: Heart Break

Saturday: The Gap

Sunday: Vipassana

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

The Tone of Inner Peace

Preparation for July
2026 Retreat



Please journal each day until the July Retreat:

ONE: What is my deepest daily concern?

TWO: What “lives” me?

THREE: Am I lost? Why?

Weekly Summation:

The meaning of my living is...?