



# July 2026

## New Meditations & Ambient Tones

### Weekly Journal Entries

July - August 2026

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

### The Vital Tone of Compassion Retreat 2026

July-August Regimen & Journal



Please journal each day until the  
September Workshop:

**One:** What is sacred to me?

**Two:** What has my life turned out to be?

**Three:** What is my intent for living?

### **Weekly Summation:**

What have I surrendered my Life to?

Monday: Quietude Three

Tuesday: Subtle Body Tones

Wednesday: Spirit Tone

Thursday: Soul Tones

Friday: Heart Break

Saturday: Conscious Mind

Sunday: Vipassana

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