

September 2026

New Meditations & Ambient Tones



Weekly Journal Entries

Sept.-Oct 2026

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

sessions with Gregory

Monday: Quietude Three
Tuesday: The Beginnings
Wednesday: Inner Peace
Thursday: The Beginnings
Friday: The Beginnings
Saturday: Inner Peace
Sunday: Vipassana

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

BODY & SPIRIT

Preparation for the
November Retreat 2026



Please journal each day until the November Retreat:

1. What is Life for you?
2. Where are you in this Life?
3. What has become of me?

Weekly Summation:

What is left of me?