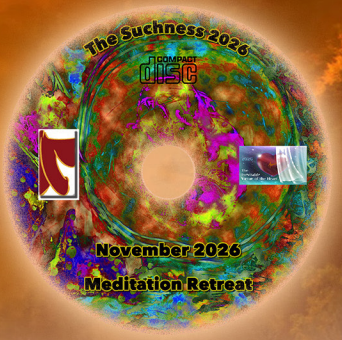
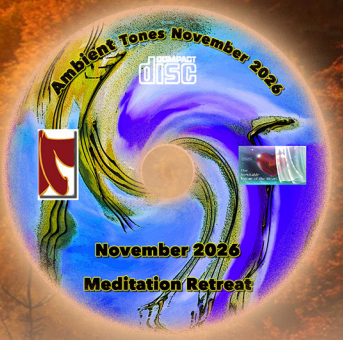
November 2026

New Meditations & Ambient Tones









Weekly Journal Entries

Nov 2026 - Jan 2027

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

Monday: The Beginnings

Tuesday: Cutting The Ties

Wednesday: Right Resolve

Thursday: The Suchness

Friday: The Beginnings

Saturday: Cutting The Ties

Sunday: Vipassana

Please also practice a Cathartic Meditation at least 3 times per week.

Preparation for

That Which Never Dies



Please journal each day until the January 2027 Workshop:

1. What is your goodness?

2. What do you live for?

3. What use is the *"me"*?

Weekly Summation:

What is dying within you?