

Aspire! 

Breath

A Journal of Transcendence

January 2023

THE TAO



THE WAY



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*Knowing others is wisdom, knowing yourself
is Enlightenment.*

Lao-tzu

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*When I let go of what I am, I become
what I might be.*

Lao-tzu

Statement of Purpose

The word ASPIRE means breath of spirit. This is the true essence of a spiritual practice: to offer a breath of spirit to those who are willing to move into the mystery of the silence of the heart, through meditation.

The spiritual insights intended for the reader, within this Breath Journal, offer an alternative to conventional thought and religion. The purpose is not to convert, but to offer ways of living that free one from fear. The articles, practice techniques and classes discussed in this publication are designed to help in the quest for individuality, through spiritual awakening.

Aspire is the DBA of Unity of Escondido, a not-for-profit corporation. Gregory Penn is an ordained Unity Minister and is not limited in his teachings by any institution or religious philosophy. He offers a unique method of teaching that does not bind students, nor himself, to any fear-based concepts. Aspire is nonsectarian and nondenominational.

This Breath Journal is created as a way to become acquainted with the teachings and techniques of the Heart that are the root of all spiritual work. Gregory is open to all teachings and Masters whose underlying truths of the Heart offer peace, compassion and awakening to Love.



A Breath of Spirit for a Life of Awakening

www.aspire.org



Your Straightness Remains Within You

Soseki wrote:

*Don't ask why the pine trees
In the front garden
Are gnarled and crippled/
The straightness they were
born with
Is right there inside them.*

It is a very significant statement. You see, the tree—a pine tree or any tree which is not straight for any reason. Circumstances may not have allowed it to be straight, or perhaps the gardener did not want it to be straight, but in the innermost being of the tree the possibility of being straight is still there.

All these poems are about us. Whatever the symbol—the fire, or the pained tree – these symbols don't matter; they simply give you an indication. This is exactly the case with all of us. Whatever you have become, however far you have gone from your natural potential, it does not matter. Your Buddha remains within you. Your straightness remains within you. You can come back home any moment you decide with totality and utter urgency. Nothing can prevent you.



HAIKU

Enough Said

Namaste...

Well, here we go into a new year, or will it be “new”? Probably not. It will be a continuum of many, many years of your lifetime.

In the year of 2023 I will offer you something beyond the stagnation that so many suffer from. We shall enter into the Tao. This will be a real experience if allowed by you.

We will begin with the January Discourses that will explain the reality of the Tao and what it really is. I find it simply precious.

Workshops will begin this month on the Light with coincides with the Tao and our January Discourses. I am honored to do the rock ceremony as well as the return of your cards that you made out last January. You will receive new ones at the Workshops.

I have much to share with you on the Light and I hope that you will be able to really get into the Heart from which the

Flow with whatever may happen and let your mind be free. Stay centred by accepting whatever you are doing. This is the ultimate.

Zhuangzi

Light does shine. It all lives with in each of us. I will, as always, do as much as I can for each and everyone of you.

It is my honor to share with you the insights of Love that will come forth in my efforts this new year.

Thank you for your attentions, limited as they are!

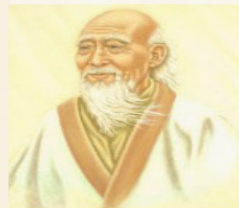
Metta
Siraj

WHAT IS THE TAO?

THIS YEAR OF 2023
WILL BE THE YEAR
OF THE TAO.

THE TAO IS THE WAY
OF THE UNIVERSE
THAT LIVES WITHIN
EACH OF US.

LEARNING TO
AWAKEN TO THIS
WISDOM IS THE
WAY OF A LIFETIME
THAT REVEALS THE
GREAT LIGHT.



*“Be content with what you have;
rejoice in the way things are.
When you realize there is nothing lacking,
the whole world belongs to you.”*

- Lao Tzu



KARMA



Ignorance Journey Quest Seeking Transformation

MEDITATION WORKSHOP ~ PACIFIC GROVE, CA

Saturday, March 11, 2023 ~ 9:30am - 3:00pm

Center for Spiritual Awakening *(includes lunch)*

Learning how to awaken beyond the human body is the essence of this Workshop. Siraj will offer insight into the Retreat that will be offered in March on the manner of our spirit and how to allow our soul to awaken us!

\$125 per person

(831) 622-8410 ~ greg@aspire.org

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MEDITATION WORKSHOP ~ ENCINITAS, CA

Saturday, January 21, 2023 ~ 8:00am - 3:00pm

Encinitas Community Center *(includes lunch)*

Siraj will offer Meditations and gestalts that will help you shed your body and mind for the sake of the Love of your life. This will be one of the most important Workshops of our lives. Know that you are welcome to come and join us in this deep meditative revelation.

\$225 per person

(831) 622-8410 ~ greg@aspire.org

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By Gregory Penn

FROM WHERE I SIT

The Tao

The Eternal Tao

*The Tao that can be told is not the eternal Tao.
 The name that can be named is not the eternal name.
 The nameless is the beginning of heaven and earth.
 The named is the mother of ten thousand things.
 Ever desireless, one can see the mystery.
 Ever desiring, one can see the manifestations.
 These two spring from the same source but differ in name; this appears as darkness.
 Darkness within darkness.
 The gate to all mystery.*

We begin a most important year of our lives. We will look into the meaning of the Tao. Of course I will go into far more detail in my monthly Discourses on this subject. I have devoted more Aspire TV programs to the Tao than any other subject. The reason why, is because it is the pure essence of the Way, the eternal order of our lives and the Universe.

The Tao is NOT a “Chinese philosophy” as it is referred to, generally speaking. If you want to get an over view of the Tao please go to the Aspire site and take a look at the series: From the Heart of the Tao. It will give you the basics.

What I would like to establish with you here in this first series of Discourses and this

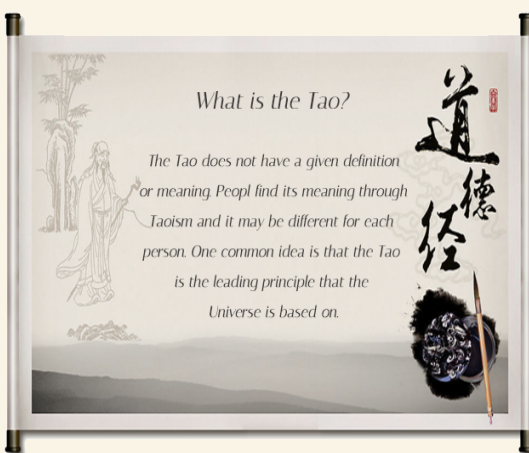
Journal is the kind of “mind” that can hear the Tao and comprehend its value and worth. The sheer beauty and genius of this immaculate document is beyond words and thoughts. Saying all of this, it must be clear that the entrance and indulgence of thoughts that might arise as you read the words of the Tao can only be a hinderance to understanding it.

The opening of the Tao says it all: ***“The Tao that can be told is not the eternal Tao.”***

Just this sentence is the essence of the entire body of work that Lao-tzu offered. To truly enter into the beauty of the Tao a person must suspend their opinions, desires and the myopic mind set that is geared toward mere human survival.

The basic sophistication of the Tao is in proportion to a persons mental acuity. If a person has allowed their minds to be own by the society and the genetic impulses, the Reveal of the Tao will minimal. When I was teaching formally I would offer classes on the Tao. The audience was totally lost and just could not follow the essence of it all, but they did hang in there and did their very best. The problem is that to understand the Tao is to interrupt the mind’s flow of logic and reasoning and consider something totally different.

That being a mind that is without the premise of assumption. This is simply not an easy task



for the average person to do. We think in streams of assumption that are based in avoidance. We seek to avoid what we are afraid of or simply do not “like.” This creates a mind that is always in conflict and just cannot concentrate nor is willing to NOT come to any kind of conclusions.

The Tao is about an authentic form of intelligence that does not include the manor of our thoughts. Rather it is about being devoid of thinking and learning how to experience a mind that is no longer consumed by the pedestrian mentality that is fixated in fear and the need for righteousness.

To truly comprehend the Tao a person needs a “no mind” that is calibrated toward the infinite and not the literal. The opening to the Tao that I offered here in the opening is the mindset of the intelligent who seek to hear the essence of the Universe.

Lao-tzu is not a Teacher. He is the conduit of the Source of the All into a Soul that is uttering through the human the matter of order that is not only the Source of the Universe, but is the totality of what it means to be in the creative core of the Heart.

For example: The Tao that can be spoken is not the Eternal Tao. In other words, we will have to hear the words and NOT take them literally. We must hear them and have the intelligence to no longer link their meaning to concepts or religious beliefs. We must suspend our assumptions of what a sutra is saying to us and begin to feel the more profound meaning of it all that extends past the body and its needs and wants.

As Lao-tzu states: “The nameless is the beginning of heaven and earth.” This “nameless” is the essence the energies of the creative evolution that exists

When you look for it, there is nothing to see. When you listen for it, there is nothing to hear. When you use it, it is inexhaustible.

Lao-tzu

in everything that we experience in this earthly realm. Removing the need for the “name” allows us to experience what is beyond the confines of the mind and its “thoughts.” When we can clearly realize that “thoughts” are mere opinions of the mind that is made from genetics and the impulses of the DNA we come to that place where we can realize the great Reveals of the Tao.

All of this takes practice and diligence. To recognize everything from the state of its own being and never try to put one thing ahead of another but realize how everything works in harmony with the whole of the Universe is the matter of consciousness that the Tao offers as the great Reveal of a lifetime.

You see everything in the Universe as well as here on earth is proportional. Life is operating in proportion to its

own Source. This Source is without desire. When our minds become proportional to the Way of the Tao we no longer look at “the thousand things” as mysteries. We realize beyond our parochial mind that there is a harmony that we simply have ignored for most of our many lives.

Most people are mystified by the teaching of becoming “desireless.” We have trained our attentions upon the urges and assumed ideals of the physical body and hence do not have any real relationship with the Eternal. In fact we simply deny that there is anything in this world other than our own human assumptions. There is far more to us than we can ever “think.” But we insist upon the

What is TAO?

- ❖ The meaning of Tao: The Way
- ❖ The Tao or the way: A simple guide to a practical life
- ❖ The driving power of all nature
- ❖ The mystery of all mysteries
- ❖ When Tao acquires all the power, existence begins spontaneously from which everything flows (being from non-being)
- ❖ There is a boundless tide of Tao
- ❖ The Eternal that cannot be named: The unknowable source of all being: The origin of the universe is nothingness (non-being)
- ❖ Mother of all things that can be named (manifestation of the limitless Tao or being that continues and continues)
- ❖ ABSTRACT! I KNOW!
- ❖ Maybe think of it as the nothingness of the universe where a big bang happens and everything then comes from that nothingness

ideals of thoughts, so our creativity is limited.

Try to listen to me here.

There is an operation that lives within all of us that is the very existence of a creativity that is beyond the conception of the minds thoughts. If a person can tap into this, through living as both the Buddha and Lao-tzu urged us via "desirelessness" the creativity will become enhanced and a new experience can be realized.

Here is the simple secret that is reveal in the Tao. The mind is always operating in desire. Why? Because the body is always hounding us with what it wants. It is a petulant child that wants more and more and when it does not get what it wants it either assumes or likes to believe that there is nothing else but what the mind can proportion for itself.

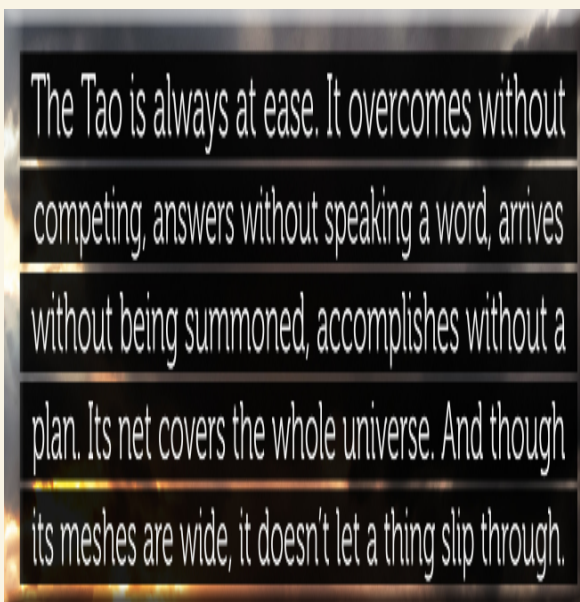
This very narcissistic point of view is deeply destructive to the state of consciousness that we must enter into in order to, as Lao-tzu reveals in Number one, the state of mind we must have which is "Ever desireless," so "one can see the mystery." Yes, to "see" the mystery of it all and how everything operates in proportion to the Universe.

In other words how everything comes into existence and is then returned back to Source in order to sustain the flow of Life itself. When we are desiring all we can see is what seems to be or as Lao-tzu calls it the "manifestation." When we are desiring we can only see the "manifestations" and not the Source which is all important. This is essential and if one is stuck in "thinking" which cannot live in the proportions of the Tao, we will miss.

Most of our life is missed because we insist upon thinking. We do not realize the issues of thought

and how our genetic acuity destroys our ability to "see" the "ten thousand" things that come from the mystery of the Source.

So, to help you, with all of this begins with one simple practice. Each day, just sit with the mind and do not claim it to be your mind. Just observe it and do not attach to thoughts and make them the treasure trove of your mind. If you can just "simply" disenfranchise your attentions from the neurotic thoughts of self-righteousness then you will begin to have a new perspective of mind.



In this posture of mind our attentions will not be toward thoughts themselves, but will reveal what makes "thoughts" and why we are so attracted to them. It all has to do with the proportional state of mind we have with the body. If our attentions are only upon the body we will never have a mind that can hear the music and the tones of the Universe that throb through us each moment of our lives.

We are a matter of tone and Light. When this is realized as the great Reveal of our lifetime we enter into the manor of our Hearts and find that Love is the only element worth living for. This Love has NO attachments and does not operate in the fears that bring about insecurity.

Yes, you can do this. But it will take discipline and compassion. Our Workshops, Retreats and Discourses will all be about this proportional response to Love, you are invited to join me Please listen to the Discourses at least three times per week.

Forgive me
Siraj

THIS IS TAO

Let the Tao become present in your life,
and you will become genuine.

Let it be present in your family,
and your family will flourish.

Let it be present in your country,
and your country will be an
example to all countries in the
world.

Let it be present in the universe,
and the universe will sing.

How do I know this is true?
By looking inside myself.

~ Lao-tzu, Tao te Ching (54)

THAT WAS ZEN

To let the Tao be "PRESENT" -

What can this mean?

What we let be "present" within us becomes the focus of our lifetime. This presence means what we allow to be in existence within us as viable.

Typically we allow fear, hate and anger to be applicable to the way we live our life. Most of what we do in this world is about running from what we fear by living in hatred. We have made our fear operable by indulging our minds and emotions in the seeming "reality" of fear and hate.

Truth be told if we are willing to allow the Presence of the Tao to exist within us we are open to the reveal of great Wisdom. This Wisdom exists within us as the revelation of Silence. The more Silent we are, the deeper will go our inner eyes and ears to awaken to the Wisdom of the Heart.

It is here that the Soul emerges from within and we no longer live in the genetic fears of the body while trying to survive. All of this is deeply significant if we are willing to bypass our emotionality that rules our lifetime with all sorts of impulses that only lead us to more and more fear.

Wisdom is the Presence of Light within us.



Monthly Discourses

The Tao

What is the Tao? Siraj has had the honor of living with people of the Tao and he understands how deeply important it is to live in its Presence. The Tao is the science of living in a full “let go” through a mind that is nothing but NOTHINGNESS itself. The following Discourses are to help you begin.

The full set of four Discourses for this month is offered to you for a donation of \$60.00. To save money, you can donate a year’s subscription for \$625.00 or a half year for \$325.00. Call 1-800-ASPIRE2 to order or e-mail Gregory at greg@aspire.org. All donations are tax deductible and used to purchase more air time for Aspire.



What Is The Tao?

Siraj will share with you the depth of the Tao as simplicity and how to live this in our lifetime.

How Can We Know The Tao?

To realize the Light of the Tao is to awaken our minds to the art of Wisdom.

What Is Emptiness?

The essence of the Tao is emptiness.



What Is Nothing-ness?

A mind no longer confined to thoughts!



Dear Messiah

Greg:

You have done more programs on TV regarding the Tao. Why? Is it feasible in our world today?

Sam
San Marcos, CA

PS: *I miss you.*



Beloved Sam:

Namaste

The Tao is the totality of the teachings of all great spiritual masters. This is why I talked about it more than any other sutra. The Tao is filled with insight and reveals the Laws of the Universe in such a way as to bring about the Light.

This Light that I speak of is Wisdom.

So, few of us are willing of Wisdom because it contradicts conventional thoughts that pertain to the average mental acuity. The Tao is not for everyone. The Tao is for the unconventional person who is seeking the Wisdom of the universe and not the mere knowledge of it.

I did present three series of eight programs on TV regarding the Tao. I wish I could have done more. But the interest of the American public is not of such Wisdom. We are looking for answers to our problems and not the source of our intelligence.

The meditations and offerings for this year will be about how to achieve the Light of a Wisdom that transcends our common assumptions about ourselves and life in general.

Sam, if you miss me so much, why not come and join us in this great inner discovery?

Please forgive me.
Gregory



Write to Gregory

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greg@aspire.org

Mail:
P. O. Box 223779
Carmel, CA 93923-3779



Meditation

The Patience

Do you have the patience to wait until your mud settles and the water is clear?

Can you remain unmoving until the right action arises by itself?

Meditation is a matter of patience.

To enter into meditation one must be willing of the many distractions of the willful mind that is obedient to the emotions that we suffer from that emanate from the human heart.

To do this there must be a settling as the Tao teaches us. So, before you enter into meditation it is important that the mind and the body are “settled,” which means that they realize that our intent is to sit in silence. The ego does not like this. Therefore, it is important to just sit and focus upon an object placed before you.

If you can focus your attentions upon the object and just allow the body and its emotions to be put aside for a few moments before we enter into meditation, you will

find that the breath can overtake our neurotic minds and bodies.

Just a soft breath over and over again while gazing our attentions upon an object that is placed before us, is the essence. Learning how to calm down the animal and let the mind become clear is the most important aspect of meditation.



We may carry on this state of being all throughout the day as the witness to our lives. As we learn how to become the “witness” we in turn learn what it means to be conscious.

In this conscious state of mind we can be and do anything in our worldly sense, but the essence of it all is that we are

the pure witness just watching all that is occurring. Hence, we are no longer a part of the genetics and DNA that drive us to live and think as we do.

The ego will begin to diminish, and when this occurs we have found “right action” in all that we do. Everything that is essential to the tasks of our life in this world will all fall

into place, and we will realize the harmony of living as a non-entity. We will know what it means to have the realization of the lifetime that we are in.

All of this goodness that I share with you will become clear, and it will be revealed to you that “knowledge” means only so much in this world. It is the wisdom that comes from our Silence, our tones, that brings forth insight and the great Reveal.

Compassion is the essence of it all.

Only in our patience to “wait” till the muddy mind clears do we realize the essence of Silence. Learning to live in this compassion is the art of living and allows us to no longer react to our emotional mind and body, which always leads us to form conclusions about ourselves that simply cause us regret.

Practice this method that I am offering you here, and you will find the gentleness that

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THE PATIENCE OF WISDOM

ONE: Place an object before you. It can be anything that does not stimulate any emotional response.

TWO: Put your gaze upon the object as if it were the only thing in the room. Just allow the mind to drift away as you separate from it. To do this we must be passive about our emotions as the object of our meditation.

THREE: When you are settled...close your eyes and begin the process of meditation.

there is knowledge.
there is wisdom.
the difference is
compassion.

I have heard...

Life Is Not Consistent

A Zen master asked his disciple a particular question. The question was answered exactly as it should be answered. The next day the master asked exactly the same question. The disciple said, "But I answered this question yesterday."

The master said, "Now I am asking you again." The disciple repeated the same answer. The master said, "You do not know!"

The disciple said, "But yesterday I answered in the same way and you nodded your head. So, I interpreted that the answer was right. Why have you changed your mind now?"

The master said, "Anything that can be repeated is not coming from you. The answer has come from your memory, not from your consciousness. If you had really known, the answer would be different because so much has changed. I am not the same man who asked you this question yesterday. The whole situation is different. You also are different, but the answer is the same. I had to ask the question again just to see if you would repeat the answer. Nothing can be repeated."

The more alive you are, the less repetitive. Only a dead man can be consistent. Living is inconsistency; life is freedom. Freedom cannot be consistent. Consistent with what? You can be consistent only with the past.





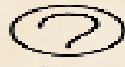
KARMA



Ignorance



Journey



Quest



Seeking



Transformation

COST & REGISTRATION

The cost for this Retreat depends upon the kind of room you wish to reserve. Room rates and registration forms are available online at www.aspire.org/events/retreats.

To register for this Retreat and/or arrange payments for your Retreat, please call Carolyn Mollohan at 760-730-2341.

You may also order your Retreat information by calling Gregory at 831-622-8410.

Our March Retreat 2023

The Light

March 13-17, 2023 - Mt. Madonna



Ready or not, here we go!

Siraj will be offering a unique kind of retreat this year. It will be about entering into the Light and shedding the body and its assumptions and moving into the Way. Entering into the Tao.

This will require within us all a sense of openness and the shedding of the flesh for the sake of the Light and learning how to live as the Light rather than the flesh of genetics and DNA.

Special meditations are being made at this very moment for all who can attend. Siraj will be vetting those who wish to attend who may have never shared an experience with us. If you wish to speak to Siraj about joining us, please call him at 831-622-8410. He will be happy to help you.

Our lives together can and will change if those who are honored enough to attend are willing of the great Wisdom of Light that is the Heart.



ADDITIONAL INFORMATION
ABOUT THIS RETREAT IS
AVAILABLE AT

[https://www.aspire.org/events/
aspire-meditation-retreats/](https://www.aspire.org/events/aspire-meditation-retreats/)

The Light is a no-thingness.

to live in the
Light rather
than the
darkness is
a matter of
nothingness.



RUMI'S CORNER

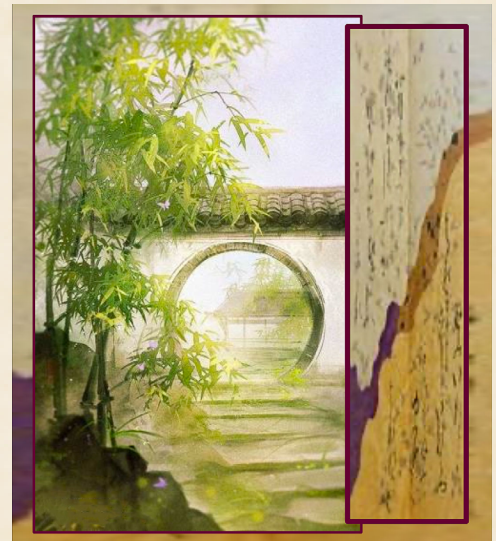


THE HEALING by prem sangit

Kneeling on cool, dewdrop bespeckled flagstone,
I imbibe the early morning innocence of my Raja Garden.
Tucked in the most secluded corner, a sacred space,
its healing medicine dissolves
the isolation of disease.

Healing energy flows from Earth and leaf,
evokes my soul,
floods me with a sense of well-being.
Harmony.

The fragrance of a long-ago home
beckons me to return.
The source silently calls me
to the sweet merging
with bud and stone,
with blossom and bug.
I surrender myself, humbly offer my Heart,
and rest in the eternity of gratitude.



Choose carefully that sacred path,
that you tread to the Raja Garden.
And how you tread, and why. Attend!
Once a fork is chosen, it is difficult to abandon,
and sets the feel of your journey.

Attend the path as you attend the garden,
with grace and gratitude,
blessed in generosity,
with wonder and patience.

Watch with willingness
to see the changing of the seasons,
the changes of the scenery,
the evergreen presence of Love.

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FINGERS POINTING TO THE MOON

QUIETUDE 1 & 2

Jan-Feb 2023 Meditations

These Meditations will help you shed your body and mind for the sake of the Love of your life.

They are the first part of the Quietude Meditation series.



TO ORDER:

Phone
831-622-8410

E-mail
greg@aspire.org



THE SHADOW OF THE WHIP

The Buddha used to tell the story of the three different kinds of race horses in order to help his sannyasins understand the level of pain, relative to the person, necessary to receive the Divine message. The poorest horse ran because he felt the pain of the whip to the marrow of the bone. A better horse ran because he felt the pain of the whip on his skin. But the best race horse needed only THE SHADOW OF THE WHIP. These stories hold both WISDOM and PAIN. They can offer pain to the marrow of the bone, or if you are so willing, they can be merely THE SHADOW OF THE WHIP.

Among the ancients, knowledge was very deep. What is meant by deep? It reached back to the time when nothing existed. It was so deep, so complete, that nothing could be added to it. Then came men who distinguished between things but did not give them names.

Later, they labeled them but did not choose between right and wrong. When right and wrong appeared, Tao declined. With the fall of Tao, desire arose. Is there really rise and fall? When there is rise and fall, Chao Wen plays the lute. When there is no rise and fall, Chao Wen does not play the lute.

Chao Wen played the lute, Shin Kuang kept time with a baton and Hui Tsu leaned on a stump and debated. Each of these three masters was nearly perfect in his own art. Their names will be remembered forevermore. Because they excelled, they were distinguished from others. Because they excelled, they wanted to enlighten others thought their art. They tried to teach what could not be taught. This resulted in obscure discussions as to the nature of "hardness" and "whiteness." Their sons followed in their fathers' footsteps all their lives but accomplished nothing. However, if this can be called accomplishment, then even I have accomplished something. If this cannot be called accomplishment, then neither I nor others have accomplished anything.

Therefore, the sage seeks insight from chaos and doubt. Not making distinctions, but dwelling on that which is unchanging is called clear vision.

Chuang Tzu



SPONSORSHIP

unconscionable generosity

It has been a long and difficult “year end” this year. Donations have not been as hoped for.

To answer Sandy from San Diego, it must be understood that this was not really my decision. The reason for the end of the Aspire series is due to lack of support. By the way Sandy, I do not know you and have no idea if you ever supported Aspire with donations. You are not on my Donor list.

It is easy to say we want something that others provide. This is human nature.

Aspire will live on! Programs that I offered many years ago are now on YouTube and will continue to serve those who have the “eyes to see” and “the ears to hear.” I am deeply grateful for the honor of making these programs. I hope that you find them even more meaningful as there will be no more.

Dear Greg:

**Please do not let it be over.
Your announcement to no longer produce programs is sad.
Can anything be done to change your mind?**

**Sandy
San Diego**



This last series of Aspire programs will begin airing on the Aspire website on Sunday, January 1, 2023.

These programs are short vignettes that were filmed in May and September of 2022.

In these programs, Gregory is being quizzed without prior knowledge of what the questions will be. The questions were offered by students, film crew and viewers. You may find all of this very interesting. The length of the programs vary from 8 to 12 minutes, since this is all most people have the attention span for these days. May they serve you well.



January 2023 Message of the Month

The Way is through you...



via compassion and mercy.

EVENTS



with Gregory

OPEN DIALOGUE WITH GREGORY

Every Saturday - 9:00 am
Online via Zoom*

[Aspire.org/events/open-dialogue-
with-gregory](https://aspire.org/events/open-dialogue-with-gregory)

*Free Will Love Offering

MEDITATION WORKSHOP

Pacific Grove, CA
Saturday, March 11, 2023
Donation: \$125.00
Includes Lunch

MEDITATION WORKSHOP

Encinitas, CA
Shedding The Darkness
Saturday, January 21, 2023
Donation: \$225.00
Includes Lunch

MEDITATION RETREAT

Mt. Madonna, CA
March 13-17, 2023
Register online at:
[https://www.aspire.org/events/
aspire-meditation-retreats/](https://www.aspire.org/events/aspire-meditation-retreats/)

EVENT REGISTRATION

Phone:

831-622-8410

E-mail:

greg@aspire.org



Dig the well before you are thirsty.

Chinese Proverb



Join us with
zoom
Video Conferencing

SATURDAYS - 9:00-9:30 AM (PACIFIC TIME)

Aspire offers a weekly interactive Open Dialogue With Gregory (*Saturday morning Discourse*) live online using Zoom video conferencing software.

Topics vary and are always meaningful to the process of Awakening. You may email questions to Gregory prior to each Saturday morning call.

CLICK FOR MORE DETAILS
& HOW TO JOIN THE CALL



A Breath of Spirit for a Life of Awakening

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