



Richard Miller ~ Embracing Mystery: The Nondual Path of Delight, Wonder, and Astonishment

Tuesday, September 12, 2017 @ 7:00pm-8:45pm

[Falkirk Cultural Center, San Rafael,](#)

1408 Mission Ave

San Rafael, CA United States



In 1983 Richard met his spiritual mentor, Jean Klein, who introduced him to the direct realization as exemplified in the nondual paths of Advaita, Kashmir Yoga, Taoism, and Dzogchen. Richard shares this realization and its integration into daily living through meditative self-inquiry, iRest® Yoga Nidra Meditation, interactive dialogue, body-sensing movement, breathing, and the presence of being, awareness, and what lies beyond all sense of self and separation. Richard teaches internationally and serves as a consultant researching the nondual meditation protocol he's developed, *iRest Meditation*, a secular adaptation of the ancient practice of yogic meditation, studying its efficacy on health, healing, well-being, and awakening. Join Richard Miller as he shares the path of nondual meditation and the yoga of delight, wonder, and astonishment.

“True peace arrives when we live deeply, directly, and simply from what we are—the Mystery that is revealed through embodying nondual Being, Awareness, and what lies beyond. Transformation happens effortlessly when we realize that it is this mystery, and not the ego-mind, that is the real power that transforms our actions, relationships, and the world around us. While the Mystery can never be objectified, it can be directly realized and somatically embodied into all our relationships.

“Welcoming sets the stage for this realization: our ability to welcome all that we are —body, senses, mind and emotions—as movements that are not separate from the Mystery. Welcoming enables conceptual understanding to give way to heart-felt knowing, where our identification with being a separate perceiver, dissolves into the realization of our true Self as timeless Mystery. Only when we are willing to live as the Mystery, will we, and the world, be at peace.

“In the end, we realize how simple life is when we accept this moment, and our response to this moment, just as it is, without pretending to be other than who we are. This is grace in action and the culmination of awakening to our essential nature.” ~Richard Miller

www.irest.us

Suggested Donation \$10-\$20