



Participants, we're delighted to have hosted you for our March 3-7, 2021 iRest Level 2 Training. We've assembled the following set of resources to support you in a deeper exploration of the themes and subjects we covered during the event.

We hope you'll find the helpful guides and references useful, and look forward to seeing you again soon!

Richard & Stephanie, and the iRest Team

Orienting to Working with Opposites of Emotion in iRest YN Meditation + Interviewing:

Orienting Talk:

- Core Principles
 - Welcoming what is with nonjudgement
 - Everything (emotion) as sensation
 - Everything (emotion) as a messenger
- Key Aspects of Emotions within iRest Meditation
 - Emotions aren't seen as good or bad – rather hear to reveal information, often inform us so we may come into right action that brings a sense of alignment with our underlying ground/core/sense of Being
 - Not using opposites to fix or change
 - When one feels truly welcomed change unfolds naturally
 - Versus when upset, ask friend to sit with us & they try to fix/change us we feel irritated
- Benefits of working with opposites
 - Go beyond 'horns of a dilemma'
 - Something new may emerge and reveal information and new insight
 - Build resilience, flexibility, and increased capacity to meet life's challenges
 - Restore sense of being in harmony with self and universe (ṛta)

Interviewing:

Benefits/Purpose of Interviewing:

- Primes students for the theme of the practice
- Weave students' language into the practice to help them feel the practice is personal
 - Builds safety
 - Helps mind feel at ease with what's going to unfold
 - Group cohesion: Being seen, heard, connected, and belonging within the group
 - Increases self-regulation and self-control

How to Interview:

- Ask for examples of emotions students are either working with or wish to meet
 - Watch for negativity bias
 - Write examples on white board, flip chart, etc. and repeat back to them
- Ask for examples of where and how they feel an emotion in the body
 - Ask several people to share this for one specific emotion to highlight how it can be experienced and felt in a multitude of ways
 - No one right way to feel
 - Write examples on white board, flip chart, etc. and repeat back to them

Orienting Talk for Continums of Core Beliefs + Interviewing

Orienting Talk:

- Always doing the best that we know how
 - Conditioning always present
 - Each moment paired with its perfect response
Here, perfect means ‘in harmony with the totality of life (rta), where we are always doing our best’
- Core beliefs, wounds that occurred – often in childhood – that were undigested at the time due to our limited developmental stage to understand greater context
 - Something that happened (verbal, physical, emotional)
 - Something that did not happen (neglect, ignored)
- Everything is a Messenger, felt as sensation
 - Why this is important
 - Disrupts conditioning, habitual response
 - New insight, perspective
 - Disidentification
- Continuums of Beliefs
 - Trauma sensitive
 - Titrate experience
 - Increase resilience, sense of agency

Interviewing for Continums

- Ask for beliefs
- Put on continuum or spectrum
- Always have some ideas in mind to help fill out the continuum

The world is not a safe place
There is something wrong with me
I'm not self confident - I'm unable to be self confident
I don't deserve success
I don't deserve to be happy
I'm a fraud
I'm unsure
I'm uncomfortable
I don't feel right or good
There is something different about me
No one understands me
I'm not normal
There is something wrong with me
I'm unlovable
I don't belong
I'm complete trash
My life is not worth living |

Customizing the iRest Protocol for Special Interest Groups (SIG)

Protocol adapted to the specific person or SIG

- Some segments left out, or expanded
- Adaptations, i.e., BodySensing from feet to mouth versus mouth to feet, etc.

1. Stress

- i. Present Moment Orientation
- ii. Emphasis on BodySensing
- iii. Autogenics and/or PMR
- iv. Breathing Interventions
 - a. Abdominal Diaphragmatic
 - b. Slow breathing, regular
 - c. Coherence
 - d. Extending exhale and suspension after exhale
- v. Noting emotions, beliefs and their opposites
- vi. Stepping back as Witnessing presence to sensations of stress
- vii. Anthropomorphic and proactive engagement (stress as a messenger)
- viii. Interweaving of Inner Resource, well-being/being/peace throughout protocol

2. Sleep

- i. Sleep hygiene skills
- ii. Daytime practice to work with emotions & cognitions (5 ways)
- iii. Evening practice to relax:
 - a. Extended BodySensing; start at feet
 - b. Extend exhale
 - c. Noting sensations, emotions and cognitions
 - d. Interweave Well-Being
 - e. Open spaciousness of awareness

3. Trauma

- i. Interview to customize protocol
- ii. Ensure setting is quiet, safe and free of potential disruptions
- iii. Inner Resource interwoven throughout the practice
- iv. Shorten or lengthen body sensing; Start at feet or mouth
- v. Breathing
 - a. Abdominal Diaphragmatic
 - b. Slow breathing, regular
 - c. Coherence
 - d. Extending exhale and suspension after exhale
- vi. Present Moment Orientation
- vii. Use Stress protocol as above
- viii. If wakeful at night us Sleep protocol as above
- ix. Only engage emotions & cognitions when IR in place

4. Pain

- i. Relinquish label “pain”
 - a. Meet as sensation
 - b. Release attachment/aversion
- ii. Noting and welcoming
- iii. Release tension
- iv. Sense Opposites, then both at once
 - v. Pain as a messenger: Refer to meeting Emerging Material
- vi. Diving into pain to locate “center” and “periphery” = releasing into vast empty spaciousness
- vii. Imagery, Color, Sound, etc.



iRest Elevator Pitches

1. What is iRest?

iRest is *Google* for your emotions, sensations, and beliefs. It helps you search yourself to find, identify, compare and be aware.

2. iRest is an *iPhone*: there are thousands of Apps to help and there is at least one made especially for you.

3. iRest is *Facebook*: Emotions, sensations and beliefs you thought weren't there or haven't heard from in a long time start writing on your wall and welcome you back.

4. iRest is *Twitter*: Every emotion, sensation and belief is following you and communicating with you in 140 characters or less.

5. iRest is *Flickr*: It allows you to view every image, emotion and belief present in your body and share it with your mind.

6. iRest is *GPS Navigation*: It helps locate and guide you to every known and unknown part of your mind and body.

7. iRest is *Foursquare*: It allows you to communicate with your mind and body and then let all your friends know where you are...in a safe place.

8. iRest is the morning sun; it helps you awaken every day and in every moment.

9. iRest is a proven relaxation practice/technique that increases your ability to cope with what life hands you and enriches your sense of well-being.

10. iRest) is a comfortable protocol that helps people learn to relax and resolve symptoms of sleeplessness, anxiety, fear, depression,

chronic pain, post-traumatic stress and a host of other issues we experience as human beings. iRest allows us to investigate and go beyond self-limiting beliefs and conditioning so we can live a contented life, free of conflict, anxiety, fear, dissatisfaction and suffering.

11. iRest is a way of thinking that makes stuff less scary and more fun.

12. iRest Welcoming your whole self since 2021 B.C.

13. iRest is: Where and how do you feel it in your body?

14. iRest is: Being all you can be

15. "What floor you going to?"
"Three please."
"Me too."
DING
"So, where have you been?"
"Practicing iRest."
"Really, what's that?"
"Transformation without having to change a thing."
"REALLY!"
"Yeah. it's like taking a nap only so much more."
"Mmmm."
"I go from rugged to smooth in about 20 minutes."
"Sounds good."
"Just listen, feel, and welcome your self and everything, just as you are and just as it is."

16. What is iRest? It's a really simple practice that anyone can do. It's taught in groups, individually or you can get really good

recordings to do it on your own. Essentially you are learning simple tools you can use in your life. It helps with getting more restful sleep, feel a lot calmer, reduce stress and much more. iRest is such a powerful process.

17. iRest Co-Meditation Dyads are a simple yet elegant one on one body centered dialogue designed to help you meet symptoms, thoughts and emotions as messengers that are guiding us to our inherent wholeness and well-being.
18. iRest is where we meet ourselves and other human beings with what is arising, as a way where we, another, and what is arising feels seen, heard, connected, with a sense of belonging.
19. iRest is a sexy, juicy way to enhance your performance in every aspect of your life. You'll perform better with confidence, get restful sleep and look younger. You'll improve your creativity, and problem-solving skills. You'll be able to face anything in your life with calm and ease.
20. "What do you do?"
"Well, I help people manage stress with a tool called iRest. It's an easy to learn form of guided meditation and it helps people feel more relaxed and with a greater sense of well-being and I have classes Monday, Wednesday and Friday if you would like to come.
21. Have you ever seen *Star Wars*? So, iRest helps you get in touch with the FORCE, but not like you are Yoda. You're like Luke Skywalker in training. It's like that. So, when I'm feeling stressed or like having an emotional moment or in pain. Like whatever life's throwing at me, like I can like handle it with so much ease, like I am in such a happier place and so much at peace and so that is what iRest is for you.
22. iRest is a simple 10 step process that teaches us how to respond to life's challenges with the tools we naturally possess, integrating feeling, thoughts, and actions which restores well-being and wholeness.
23. iRest – the final frontier. These are voyages of the starship Richard Miller. Its multi-year mission is to bring awareness to strange new worlds and to seek out known and unknown feelings and sensations, to boldly go where no one has gone before.
24. iRest is a 10-step protocol that brings profound contentment and well-being.
25. iRest is a practical process of guided relaxation and self-awareness that promotes stress reduction and well-being. It cultivates a person's intrinsic sense of peace and ability to face all of life's challenges. iRest systematically incorporates ten steps which can be practiced individually or in groups.
26. iRest teaches you practical skills so you can learn to relax and maintain a feeling of well-being. It is really a great relaxation tool. I use it all the time. It helps my chronic pain. I have arthritis. It has been proven to help Iraqi war vets with Post Traumatic Stress Disorder, it helps insomnia and just everyday stress. There is a ton of research on it and if you would like to learn more about it I am giving a free workshop next weekend where you can experience it.
27. iRest Yoga Nidra offers you a profound guided meditation that teaches deep relaxation and how to live with the paradox of life and love so that you can return to the remembrance of your perfect wellbeing.
28. iRest is a practical process of guided relaxation and self-awareness that promotes stress reduction and well-being. It cultivates a person's intrinsic sense of peace and the ability to face all of life's challenges. iRest systematically incorporates 10 steps that can be practiced individually or with a group.
29. iRest is a commonsense approach to effortless meditation. You feel better and sleep well.

30. For your cortisol overload, iRest is the universal solvent.
31. iRest is a meditation and relaxation practice that makes you able to handle the stress and strains we feel in daily life. Derived from the Yoga tradition, iRest is an evidence-based approach with research that shows it is helpful with healing anxiety, sleep and chronic pain disorders, as well increases wellbeing and joy.
32. iRest is a 10 step protocol that brings profound contentment and well-being. Oprah uses it.
33. Ease of being, equanimity, joy and feeling interconnected with all of life are yours for the asking. If peace, aliveness and wellbeing are your deepest heart's desire, then let iRest show you the way to living these precious gifts.
34. Would you like to sleep better? Experience serenity in the midst of your busy life? Resolve the difficult emotions and beliefs that have been plaguing you for years?
- If so, iRest is for you!
35. iRest is a sexy, juicy way to enhance your performance in every aspect of your life. You'll perform better with confidence, get restful sleep and look younger. You'll improve your creativity, and problem-solving skills. You'll be able to face anything in your life with calm and ease.
36. Integrative Restoration (iRest) is a comfortable practice that helps people learn to relax and resolve symptoms of sleeplessness, anxiety, fear, depression, chronic pain, post-traumatic stress and a host of other issues we experience as human beings. iRest allows us to investigate and go beyond self-limiting beliefs and conditioning so we can live a contented life, free of conflict, anxiety, fear, dissatisfaction and suffering.
37. iRest teaches us to trust ourselves to make the decisions that are right for us in the various situations that arise in our lives.
38. iRest is a form of deep relaxation where the conscious mind is between waking and sleep. The iRest protocol is based on the eastern tradition of Yoga Nidra, which has been modified by Dr. Richard Miller, a western-trained clinical psychologist, to make it appropriate for modern, western society.
39. In iRest we experience a place where we are neither fully awake, nor fully asleep. This is a place where we may find insights and answers. Here we discover self-limiting beliefs that we can examine and understand.
- No previous experience is required to do iRest. iRest is not a religion nor a belief system. You are not required to change your beliefs or to believe anything. iRest can be a wonderful adjunct to any other belief system or method you may be using.
40. During iRest, all you need to do is sit or lie comfortably, hear what is said and notice your response to it.
41. iRest-Yoga Nidra is an ancient transformative meditation practice whose roots tap into 4000 years of knowledge and evolution. iRest, or Integrative Restoration, teaches how to live a contented life, free of conflict, anxiety and fear and suffering by revealing our inherent ground of health and wholeness of mind and body.
42. iRest is a practice I use to use my mind to bring my mind and body into stillness or into silence.
43. iRest is a practice I use to use my mind to go beyond my mind.
44. iRest is a practice I use to cultivate my capacity to be with whatever arises insider of me without judgment.

- 45. iRest is a practice I use to observe in greater and greater detail all that comes up in my mind and my body.
- 46. iRest is a practice I use to develop a concentrated and focused mind and body.
- 47. iRest is a practice I use to investigate my internal or subjective nature, and to do some internal "house cleaning"
- 48. iRest co-meditation dyads are a simple, elegant dialogue that is a one on one body centered inquiry intended to meet the messengers of life such as symptoms, emotions, thoughts and beliefs as a way to find integration, wholeness and el being.
- 49. iRest is a practice that is designed to help each of us, as one human being to another, meet one another in what is arising in order to learn how to surf the waves of life”
- 50. iRest is a form of dialoguing with your body.
- 51. iRest is a way of being seen, heard, connected, with a sense of belonging throughout your entire body, mind, senses and the world.
- 52. Let iRest awaken you to the fountainhead of wellbeing and joy that is your inheritance. iRest can provide you with tools that you can use for the rest of your life to live your true purpose.

Find out for yourself...practice iRest...feel its deep impact on your life...sing your joy of wellbeing into every moment of your life.

www.irest.org: (415) 456-3909:
info@irest.org

- 53. Integrative Restoration Institute offers the teachings of iRest through:

Classes: spend an hour of your time resting, renewing, invigorating and reconnecting with your innermost self

Retreats: relax, renew and discover the ease

of wellbeing that is your inheritance

Trainings: deepen your personal practice and learn how to teach iRest to individuals and groups

One-on-one sessions: connect with an iRest practitioner via face-to-face, Skype, or phone - visit our website for a teacher near you

Would you like to support our mission to bring wellbeing and healing to wounded warriors, veterans, children, the homeless, those suffering chronic pain, chemical dependency, sleep disorders and many more populations? Please visit our website (www.irest.org) and click DONATE. Your donation, small and large, helps us bring greater harmony into your neighborhood and unite the world into being a peaceful place for everyone.

During the training Richard mentioned the following card set as a resource for self-inquiry and co-meditation.

* * * * *

WHO ARE YOU?

A Resource for Self-Inquiry and Co-Meditation

by Nôle Giulini

Sometimes we have no words for what we are feeling. It might be helpful then to choose an image that expresses your experience and enter into a contemplative self-inquiry with it.

While the question "who are you?" tends to take us into the thinking mind looking for words to describe a current albeit fleeting state these colorful cards represent "emotional body gestures" that invite a feeling and sensing inquiry into our True Nature.

Relating to what you are feeling as an object outside of yourself may present a sense of calm, safety, self-confidence and agency. You realize that you are not the experience, but the experience is a temporary movement in you.

This beautifully designed set consists of 80 cards with images of original sculptures hand-made by Nôle Giulini.

They are intended to represent emotional or mental states as *invented body gestures*.

A description of how to use these cards is included on the accompanied three-fold brochure. There are many more creative ways to use them in your own practice, in a yoga or iRest® class, in context of a workshop or retreat, to inspire journaling, or other therapeutic settings.

These cards will be presented in Nôle's longer workshops and retreats throughout Europe and the United States.

To order please visit <http://www.tenderpawsyoga.com/whoareyou.html> or contact Nôle at nolegiulini@gmail.com.

To order please use the PayPal Button at the bottom of the webpage and specify if you prefer the *English* or *German* language version.

\$40 (\$36 plus \$4 for shipping within the US)





iRest Certification Reading List

SAMKHYA (*One of the following*)

Miller, Richard. (2008) *Samkhya Karika of Ishvara Krsna*. Anahata Press. (*Order through irest.us*)
Virupakshananda, Swami. (1995) *Samkhya Karika of Ishvara Krsna*. Sri Ramakrishna Math. Madras, India.

YOGA SUTRA OF PATAÑJALI

Any version of Patanjali by any author, or:
Carrera, Jaganath. (2006) *Inside The Yoga Sutras*. Integral Yoga Publications. Yogaville, VA.
MSI, (1995) *Enlightenment*. SFA Publications. Waynesville, NC.
Venkatesananda, Swami. (1998) *Enlightened Living*. Anahata Press, P.O. Box 1673, Sebastopol, CA 95473. (*available through www.irest.us*)

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JEAN KLEIN (*One of the following*)

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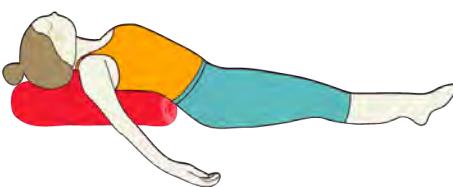
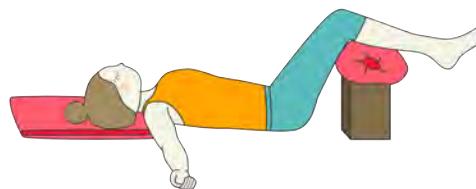
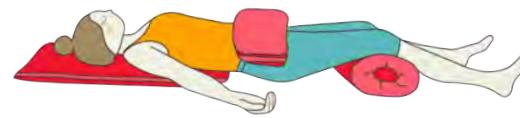
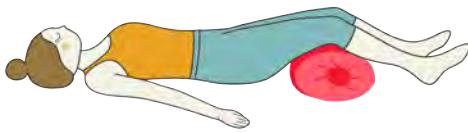
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OTHER PERSPECTIVES (OPTIONAL, IF INTERESTED)

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**For further readings recommendations please see
'References' in the iRest Level I Manual**

Yoga Nidra Postures



www.tummee.com

iRest for Post-Traumatic Growth

Embodying our innate wholeness that enables us to face, overcome and be transformed by the adversities and circumstances of our life



Trauma

Stress injury generated by
exposure to
acute or chronic stressors
that
threaten survival,
overwhelm stress responses,
and
become encoded in the nervous system



Trauma

PTS

PTSI

RBTSD

PTSD

Personal: Illness, Violence, Vicarious

Universal: Political, Economic, Environmental



Trauma

- Loss of control, safety
- Disconnection
 - From self, others, world
- Dis-Regulation
 - Hippocampus
 - stuck in time
 - Frontal Cortex
 - irrational thinking
 - Amygdala
 - first-responder activation
 - hyper- or hypoarousal
 - flight-flight-freeze-collapse



Trauma Informed Yoga

Therapeutic interventions offered
within a defined scope of practice
for individuals healing from trauma
and stress-related injuries

Rooted in the neurobiology of trauma and
trauma informed care principles



Trauma Informed Yoga

Self-Efficacy

Confidence in potential for healing

Interoceptive Awareness

Inner skills for responding to stressors

Empowerment

Engagement as active participant in recovery

Self-Regulation

Skills for enhancing Internal regulation

Resilience

Inner Resources for wholeness, PTS Growth



Trauma Informed Yoga

Control

It is in knowing what to do that instills control

Choice

What's most important to participants

Safety

Vetted, secular, culturally balanced

Inner Resource (IR)

Indestructible, unchanging wholeness

Consistency & Predictability

Structured program, session-to-session



Trauma Informed Yoga

Flexible-Adaptable

Titrated to time, day, individual

Disidentification, not Dissociation

Integrative, not deconstructive

Resilience Building

Self-Regulation Skills

Down-Regulate Negativity Bias

Upregulate positivity bias

Be Teflon, not Velcro

Restful Sleep

Emotional, Cognitive Integration



Wholeness

Our innate human capacity to face, overcome and be transformed by the adversities and circumstances of our life

It enables us to not just survive, but to thrive in our life with

- Peace
- Ease
- Equanimity
- Resilience
- Well-being
- Compassion
- Kindness
- Love
- Empathy
- Joy
- Value
- Meaning
- Purpose
- Security
- Confidence

Trauma

Whenever we separate from ourselves or another, there will always be anxiety, fear and distress.

Brihadaranyaka Upanishad...

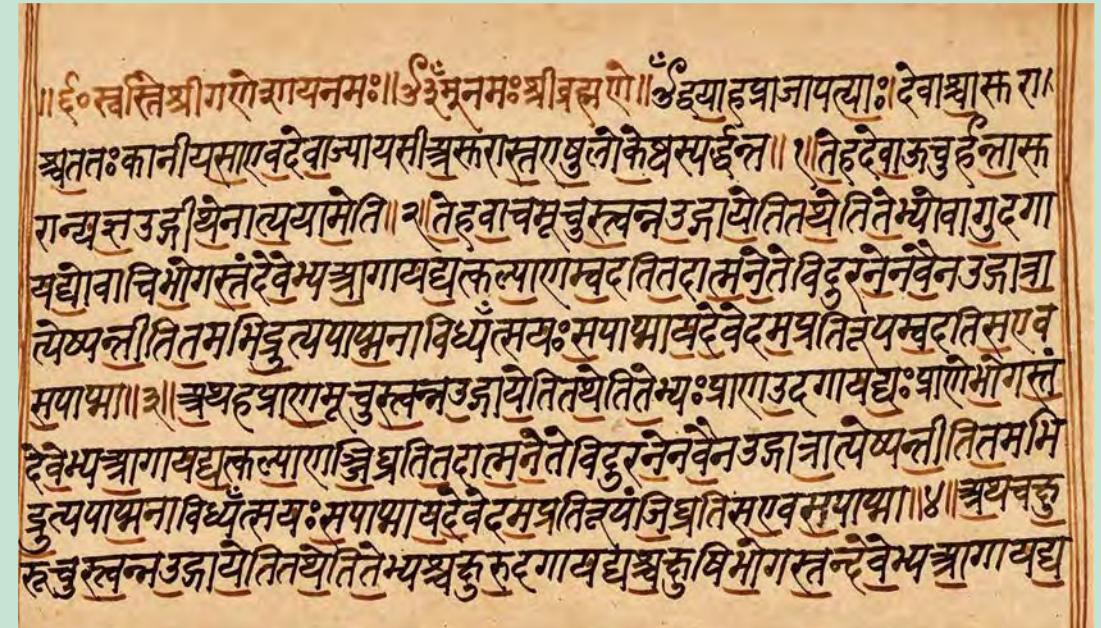
॥६०स्त्रिश्रीगणेशायनमः॥७३मूरमःश्रीब्रह्मणे॥७४हयाहप्राजापत्या॥८०देवाश्वास्त्ररा
श्वततःकानीयमाणवदेवाज्यायसीत्वस्त्रास्त्राषुलौकेवस्यर्द्धन्तः॥८१तिहदेवाज्ञुहन्तास्त्र
गन्यन्तउज्जीथेनात्ययामेति॥८२तेहवाचमृतुर्लक्ष्मन्तउज्जायेतितयेतितेभ्योवागुटगा
वद्योवाच्चिभोगस्त्रंदेवेभ्यञ्चागायद्युक्तल्पाणम्बदतितदात्मनेतेविदुर्गनेनवेनउज्जात्रा
त्यष्टन्तीतितमभिद्रुत्यपायानाविध्यैत्स्तयःसपायामावदेवेदमप्रतिवृद्यम्बदतिसाणव
सुपायामा॥८३च्यहप्राणमृतुर्लक्ष्मन्तउज्जायेतितयेतितेभ्यःपाणाउटगायद्यःपाणेभोगस्त्रं
देवेभ्यञ्चागायद्युक्तल्पाणाज्ञिप्रतितदात्मनेतेविदुर्गनेनवेनउज्जात्रात्यष्टन्तीतितमभि
द्रुत्यपायानाविध्यैत्स्तयःसपायायदेवेदमप्रतिवृद्यंजिप्रतिसएवसुपायामा॥८४च्यवकु
रुरुर्लक्ष्मन्तउज्जायेतितयेतितेभ्यश्वद्वुरुटगायद्यञ्चकुषिभोगस्त्रन्देवेभ्यञ्चागायद्य

Trauma

“Something’s wrong” →

“Somethings wrong—with me!”

Symptoms of trauma are
signposts — messengers
designed to help us
trace back to their source and
heal separation



The image shows a page from an ancient Indian manuscript. The text is written in black ink on a light-colored, slightly aged paper. The script is Devanagari, used for writing Sanskrit. The text is arranged in two columns. The first column starts with "॥६० स्वर्तिश्रीगणेशायनमः॥ उत्सुनमःश्रीब्रह्मणे॥ उद्याहप्राजापत्यां देवाश्चासुरा" and continues with several lines of Sanskrit. The second column begins with "अततःकानीयसां वदेवाज्यायसीञ्चकरस्तुरुषुलोकेष्वस्यर्द्धन्त॥ एतिहदेवाज्ञुरुषुलासु" and also contains several lines of Sanskrit. The text is written in a traditional style with some variations in character form.

Wholeness

The challenging news...

Trauma diminishes our ability
to experience Wholeness

Our nervous system can
become like **neural cement**,
Rigid and **unable to adapt to**
changing circumstances



©Ron Scott

Wholeness

The good news...

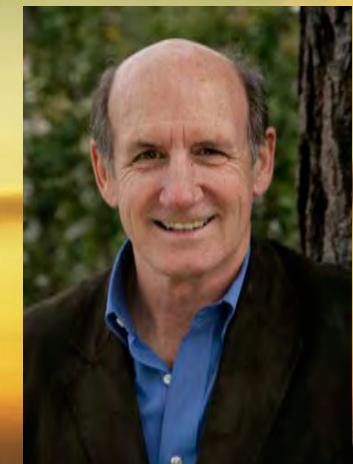
We are **hardwired** for **health**,
healing and **wholeness**

We just need to know how to
harness and engage
these capabilities



The Neuroscience of Meditation

Richard Miller, PhD



Neuroscience

Default Network (DN-Blue)

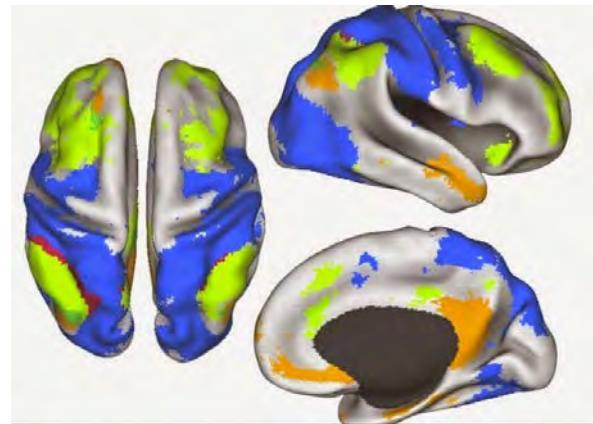
- I-Me-Mine autobiographical self
- Recursive thinking (positive & negative)
- Negativity Bias (mistake a stick for a snake)

Dorsal Attention Network (DAN-Orange)

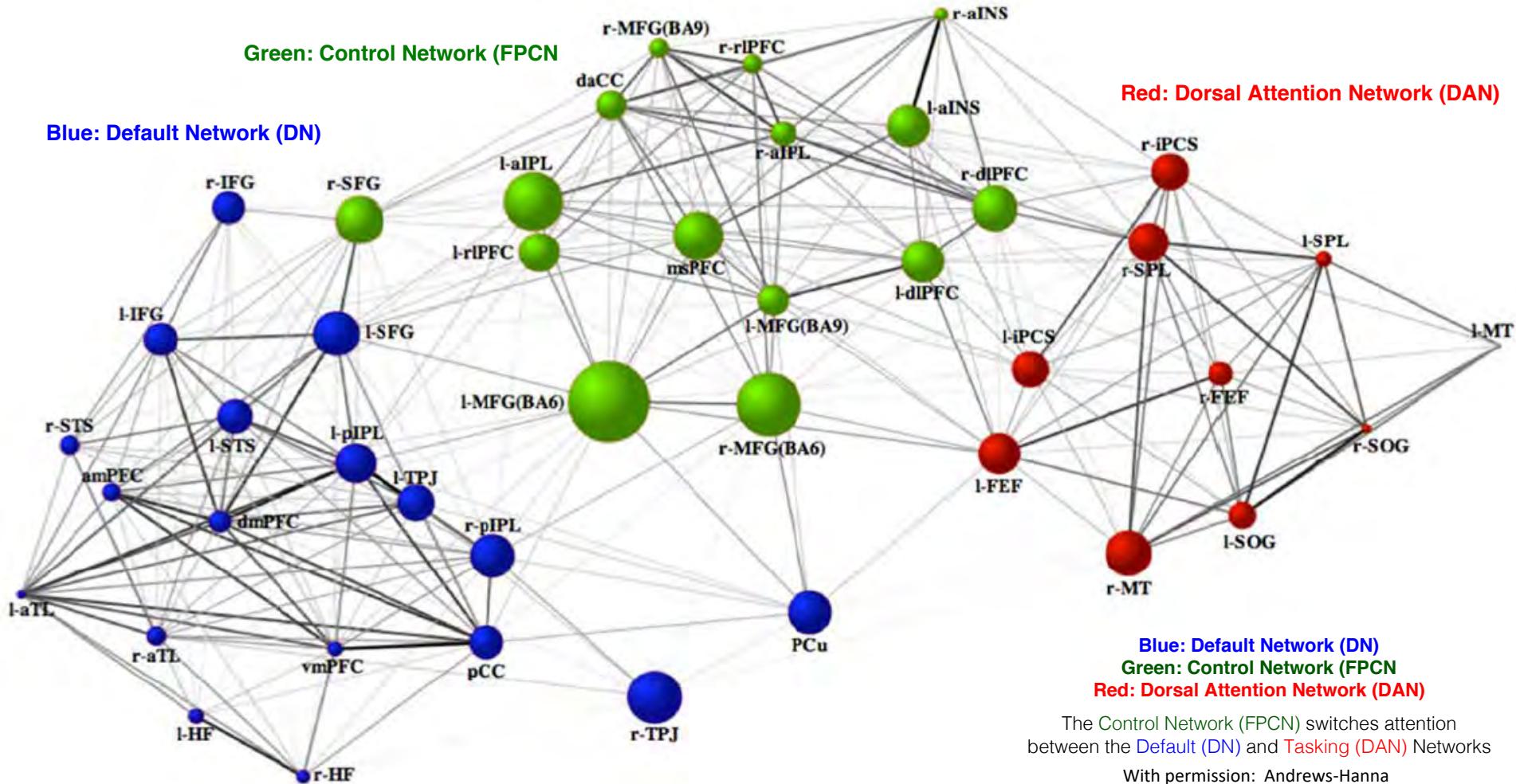
- Attention and concentration
- Planning and encoding coping strategies

Control Network (CN-Green)

- Executive control of attention/concentration
- Switches between DN and DAN



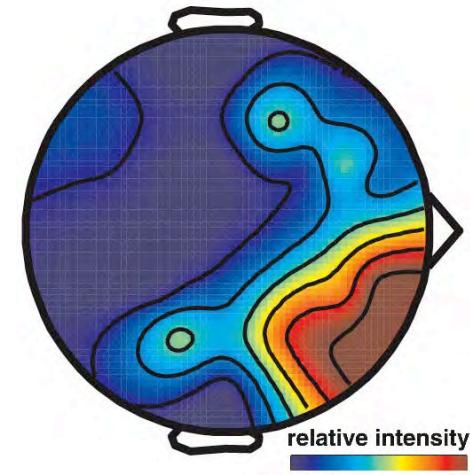
With permission: Brewer, et al. 2011



Neuroscience

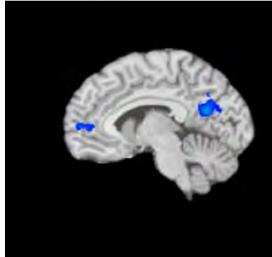
Present Centered Network (PCN)

- Reduced Beta
- Increased Gamma
- Being (Non-self; Non-separation)
 - Insight
 - Infinite Possibilities
 - Overcomes Negativity Bias
 - Equanimity, Well-Being



Neuroscience

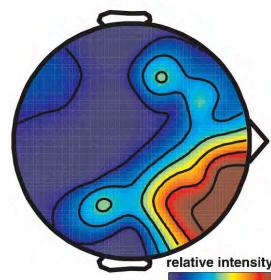
Meditation...



...switches off the Default Network: areas of self-referencing and wandering thought that give rise to stress, anxiety, fear and the experience of being a separate self...

Blue = decreased activity of DN

With permission: Brewer, et al. 2011



...and switches on the Present Centered Network: areas of increased gamma and our ability to access equanimity, infinite possibilities of insight, and the experience of non-self, beyond time and space...

Yellow, orange, red, brown = increased gamma

With permission: Sheth et al. 2008

Fostering Present-Centered Network

Exercises for shifting from Self (DN) to Non-Self (**PCN**)

Sensing Opposites

- i. Feel your left hand
- ii. Feel your right hand
- iii. Feel both hands at the same time

Fostering Present-Centered Network

Exercises for shifting from Self (DN) to Non-Self (PCN)

Attention Everywhere

- i. In Front
- ii. Behind
- iii. Left
- iv. Right
- v. Below
- vi. Above
- vii. Inside
- viii. Outside
- ix. Everywhere

Fostering Present-Centered Network

Exercises for shifting from Self (DN) to Non-Self (PCN)

The Felt Sense of Being

- | | | |
|------|-------------|---|
| i. | Where am I? | |
| | Spacious | Without border or boundary vs. contracted and limited |
| ii. | When am I? | |
| | Timeless | Beyond time & thought vs. Limited by time |
| iii. | How am I? | |
| | Perfect | Perfect and whole vs. lacking and flawed |
| iv. | What am I? | |
| | Connected | Connected vs. Confused and disconnected |
| v. | Who am I? | |
| | Complete | Complete and Whole vs. incomplete |

Fostering Present-Centered Network

Exercises for shifting from Self (DN) to Non-Self (PCN)

Witness → Witnessing

- i. Experience yourself as a witness/observer of everything that's arising.
- ii. Notice where and how you feel this in your body.
- iii. Allow yourself as the witness to dissolve into "being witnessing".
- iv. Notice where and how you feel this in your body.

Fostering Present-Centered Network

Exercises for shifting from Self (DN) to Non-Self (PCN)

Being Awareness

- i. Notice how all movements, as well as the feeling of being appear in awareness
- ii. Bring attention to the felt-sense of awareness, rather than to the objects that are arising in awareness. Inquire: What is the felt-sense of awareness?
- iii. Allow attention to dissolve into “being awareness”
- iv. Notice how awareness has no qualification
 - i. Unchanging, stable, clear, undivided, unborn, unconditioned
- v. Notice self-awareness that’s present and how it reifies a sense of separate self
- vi. Allow attention to release from self-awareness.

CONCLUSION

Open-Hearted Present-Centered Wholeness of Being

Resources

Increases Insight, Infinite Possibility

Unconditioned heart-centered Wholeness of Being

Activates

Focusing, Control, and Present Centered Networks

Interoceptive, somatic relationship with body, mind, senses, emotions, cognitions

Repairs

Negative recursive thinking with creative thinking

Rewires and regulates de-regulated systems

Restores

Inner and outer connection and harmony

Empathy, joy, compassion, equanimity, well-being, resilience

Mental acuity, emotional and cognitive intelligence

Resiliency, core relaxation, stress reduction, restful sleep

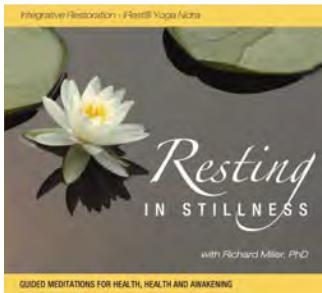
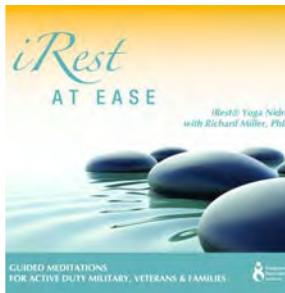
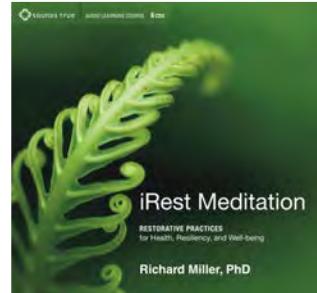
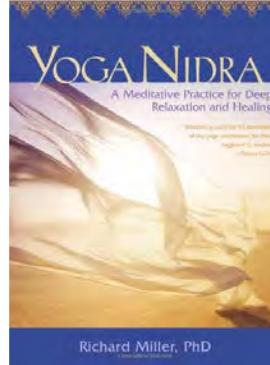
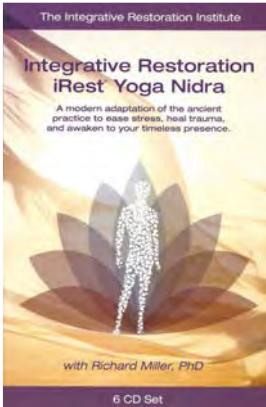
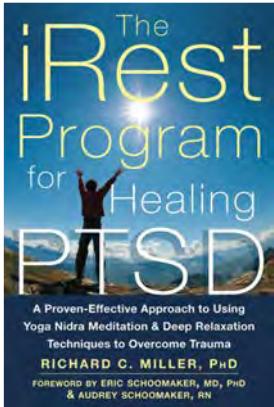
A young girl with dark hair and bangs, wearing a white floral dress, is smiling broadly with her arms raised. She is being spun around by two adults whose hands are visible at the top of the frame. The background is blurred green foliage and sunlight, suggesting a park or garden setting.

**Open-Hearted
Present-Centered
Wholeness of Being**



For information
www.irest.us
info@irest.us

When Self Falls Away: Discover.irest.us/practices/126
42 iRest Healing Meditations: Discover.irest.us/practices/150
YogaUOnline Courses: www.yogauonline.com/teachers/richard-miller



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