



Dear Participants,

Greetings and our heartfelt thank you for attending this “Living Truth, Living Love” March 29-April 4, 2021 iRest Retreat. It was such a delight to meet you and together woven our sacred healing space - loving community - sangha over the special seven days.

We’ve assembled the following set of resources to support you to continue to stay in further exploration and inquiry. We hope you’ll find the poetry and Christian’s music “Aki and the moon” we used during the retreat are helpful to remembering, rediscovering and abided in and as Being - Awareness - Pure Awareness.

We hope by practising little and often and stay in harmony with your Head-Heart-Hara amidst our everyday life, we are in each other's presence through Heart of Awareness.

We look forward to seeing you again soon!

Fuyuko & Jennifer, and the iRest Team



The Way of Meditation

Richard Miller

The Ease of Being

We all know how to be. It's natural to all of us. The first movement of meditation is therefore simple. It is our ability to recognize, and abide as the simple heartfelt feeling of being.

Attention, Forgetting & Separation

The natural tendency of our mind is to identify with whatever thought, emotion, or sensation is present. When the mind is identified in this manner it forgets to recognize the natural feeling of being. The good news is that co-arising with forgetting is the feeling that something's amiss. This feeling arrives as a messenger to inform us that we've moved away from the natural feeling of being.

Being and Awareness

The way of meditation initially entails remembering and re-experiencing being as always present, amidst all circumstances. Therefore, in every moment, ease attention into the heartfelt feeling of being.

Then, recognize how being is a movement that's arising *in* awareness. Recognize how all objects, including the felt-sense of being, arise in awareness.

The Way of Meditation

- Remember, locate, and experience the heartfelt feeling of being
- Recognize being as always present during all experiences
- Recognize how every movement arises within, and points back to being
- Feel how being is prior to all movements of thought, sensation, emotion, and world
- Relax, release, and allow attention to be absorbed in and as being
- Realize that being arises in awareness
- Relax, release, and allow attention to be absorbed in and as awareness
- Realize that the homeground of awareness is the absolute from which everything arises including awareness, being, body, mind, senses, and world

- Realize the absolute is the where, when, what, how and who that is the true homeground of life.

Seeking and Devotion

What are we most devoted to: seeking and the objects of attention, or the realization of being, awareness, and the absolute?

- The desire to seek is a movement of the mind
- In seeking, the mind identifies with objects of the body, mind, senses, or world.
- The witness of these movements stands free of identification.
- The witness is a movement in being.
- The feeling of being arises in awareness.
- Abide as being, even as the movements of seeking and desire remain.
- Abide as awareness even as the movements of being, desire, and seeking remain.
- Recognize the I-am thought that maintains separation.
- Recognize I-am as a movement arising in awareness.
- Relinquish identification with I-am.
- Abide as awareness where all sense of self, I-am, separation, space, and time dissolve and there is complete absorption into the absolute.
- As space, time, self-awareness, I-am, body, mind, senses, world, and separation returns, recognize the *perfume* of the absolute that reveals our essential nondual nature.

Discrimination

The way of meditation is the movement of devotion to observing and witnessing all arising conditions, states, and activities, while comparing and contrasting all arising conditions to the feeling of being and awareness.

Music (used for BodySensing by Fuyuko)
***Aki and the Moon*, composed by Christian Cabanero**

A gift to participants of this retreat, please [download here](#)

#3

**from *The Recognition of Our Own Heart: Ponderings on the Pratyabhijnahrdayam* by
Joan Ruvinsky**

She births Herself as the many
Who interchangeably play the roles
Of objects and subjects, reciprocally adapting

**Love Is My Form
Chant**

Love is my form
Truth is my breath
Bliss is my food

My life is my message
Expansion is my life

No reason for love
No season for love
No birth nor death

**Release
by Danna Faulds**

I lay myself down
on the welcoming
ground, the earth's
spine becoming mine.
Peace seeps into
heavy limbs and
slows my heartbeat
to the pace of
nature. I take refuge
in the quiet, and let

my burdens go,
one by one, until
the earth and I
both float in the
same vast and
holy silence.

Joy For No Reason
by Danna Faulds

I am filled with quiet
joy for no reason save
the fact that I'm alive.
the message I receive
is clear – there's no time
to lose from loving, no
place but here to offer
kindness, no day but this
to be my true, unfettered
self and pass the flame
from heart to heart. This
is the only moment that
exists – so simple, so
exquisite, and so real.

Waiting For Safety
by Danna Faulds

Fern,
furled,
a question mark
waving in the wind,
holding to the fetal curl
and safety
of the winter womb.

Nothing,
not the gentle kiss of sun
nor stream voice,
calling,
can coax
that frond
to unfurl
one single moment
before it does.

Of Being

by **Denise Levertov** from *Denise Levertov: Selected Poems*

I know this happiness
is provisional:
the looming presences—
great suffering, great fear—
withdraw only
into peripheral vision:
but ineluctable this shimmering
of wind in the blue leaves:
this flood of stillness
widening the lake of sky:
this need to dance,
this need to kneel:
this mystery:

Sutra

from *The Radiance Sutras* translated by **Lorin Roche, PhD**

#37

Go to a wide-open space,
Gaze without looking anywhere.
The mind stops its building of thoughts,
And rests on its own foundation -
Immensity.
The light that you see by
Is the light that comes from [that immensity.]

Go In and In

from *Go In and In: Poems From The Heart of Yoga* by **Danna Faulds**

Go in and in
Be the space
between the cells,
the vast,
resounding
silence in which
spirit dwells...
Be sugar dissolving
on the tongue of life.

Dive in and in...
as deep as you can dive.
Be infinite, ecstatic truth.
Be love conceived and born in union...
Be exactly what you seek,
the Beloved,
singing Yes,
tasting Yes,
embracing Yes
until there is only essence,
the All of Everything
expressing through you
as you...

Go in and in...
and turn away from
nothing
that you find...

Sangha

from *Go In and In: Poems From The Heart of Yoga* by Danna Faulds

Teach me what I cannot learn alone.
Let us share what we know,
and what we cannot fathom.
Speak to me of mysteries, mysteries,
and let us never lie to one another.

May our fierce and tender longing fuel the fire in our souls.
When we stand side by side,
let us dare to focus our desire on the truth.
May we be reminders, each for the other,
that the path of transformation passes through the flames.

To take one step is courageous;
to stay on the path day after day,
choosing the unknown,
and facing yet another fear,
that is nothing short of grace.