



Dear Participants,

We're delighted to have hosted you for our April 20-25, 2021 iRest Retreat Livestream, *Effortless Awakening: Surrender To What Is*. We have assembled the following set of resources in support of what we explored during the event. These are helpful guides, poetry, and references we hope you'll find useful.

We look forward to seeing you again soon!

James & Stephanie, and the iRest Team

Julia

Patrick Houck

8-year-old Julia is my neighbor;
we met 3 weeks ago
when she asked if she could pet my dog.
Kneeling, she gently took Zoe's soft and furry ears
into her hands, like they were precious jewels.
She brought the entire world down with her,
in a pure and tender moment.
She stood, thanked me and walked away.
That day, I felt the
immensity of her heart.

Today at my closed gate, I'm leaving for work,
my heart like a clenched fist.
Julia stands on the other side, ready for school,
looking right into me.
All snug in her quilted pink coat,
her clear eyes free of the future.

She holds me in her gaze
and I take the first breath of the day.
I grow nervous as the one who thinks he knows himself.
She continues to look into me,
a transparent sincerity.
And I, so vulnerable to this beauty and love
so afraid of losing control,
of being helpless before someone so young.
Before anyone.
Yet the love softens that too

from the inside out,
my whole body opening wide,
gentleness pouring over everything,
bringing down the inner scaffold,
thought falling away, insignificant,
incapable of knowing such immensity.

Then all the way down my heart is breaking, down into a vast, infinite love
where we both are ageless, without concern, sacred.
I see reality shining fully.... in Julia, in this moment, everywhere.
Only what sees is not just me,
what's seeing is also looking from everywhere.
We are in the forever ancient.

She raises her hand, a greeting
and a goodbye.
I raise mine, she turns and walks off to school.

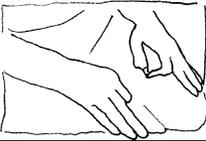
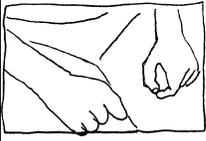
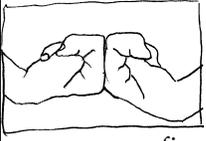
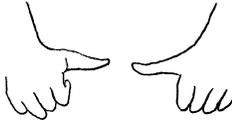
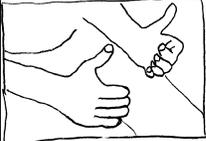
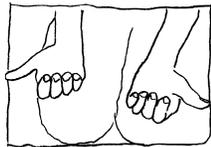
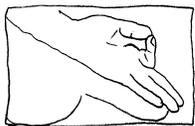
Later, as I head down a new street,
looking at the freshness of things,
I am shaking.
Shaking with the certainty
that I have just seen god.

The Orange
Wendy Cope

At lunchtime I bought a huge orange -
The size of it made us all laugh.
I peeled it and shared it with Robert and Dave -
They got quarters and I had a half.
And that orange it made me so happy,
As ordinary things often do
Just lately. The shopping. A walk in the park This is peace and contentment. It's new.
The rest of the day was quite easy.
I did all my jobs on my list
And enjoyed them and had some time over.
I love you. I'm glad I exist.

Pranayama Mudras For Mahat Kapalabhati Kriya

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<i>Mudra</i>	Technique	Effect
<i>Kanishtha Prana Nadi Mudra</i> or <i>Chin Mudra</i>	Bring the tips of the thumbs and forefingers together in <i>Chin Mudra</i> . Keep the other fingers completely straight and turn the palms facedown onto the thighs. 	Activates the lower abdomen and back and the lower lobes of the lungs.
<i>Madhyama Prana Nadi Mudra</i> or <i>Chinmaya Mudra</i>	 With the tips of the thumbs and forefingers touching, turn the fingertips into the center of the palms. Maintain a gentle pressure of the fingernails into the palms. Keep the hands facedown on the thighs.	Activates the middle chest and back and the middle lobes of the lungs.
<i>Jyeshtha Prana Nadi Mudra</i> or <i>Adi Mudra</i>	Place the thumbs into the middle of the palms and wrap the fingers around the thumbs with a steady, gentle pressure. Place the hands facedown onto the thighs. 	Activates the upper chest and back and the upper lobes of the lungs.
<i>Poorna Prana Nadi Mudra</i> or <i>Brahma Mudra</i>	 With thumbs tucked inside the palms with the fingers wrapped around the thumbs, turn the fists so that the knuckles of both hands touch together. The base of the thumb knuckles face forward and the edge of the hand and little fingers touch against the abdomen around the area just below the level of the navel. Relax the arms, shoulders and shoulderblades.	Activates the entire torso, front and back and the upper, middle and lower lobes of the lungs.
<i>Adho Merudanda Mudra</i>	Raise the thumb straight out from the hands and curl the fingers into the palm. Maintain a gentle pressure of the finger nails into the palms. Place the hands palm-down on the thighs. The tips of the thumbs turn in to face each other. 	Energy comes into the base and lower third of the spinal column and lower chakras.
<i>Merudanda Mudra</i>	 Raise the thumb straight out from the hands and curl the fingers into the palms. Maintain a gentle pressure of the fingernails into the palms. The medial part of the palms rest on the thighs. The tips of the thumbs face upward.	Energy comes into the middle third of the spinal column and middle chakras.
<i>Urdhva Merudanda Mudra</i>	Raise the thumb straight out from the hands and curl the fingers into the palms. Maintain a gentle pressure of the finger nails into the palms. The back of the hands rest on the thighs. The thumbs face outward, away from each other. 	Activates the upper third of the spinal column and upper chakras.
<i>Shraddha Prana Kriya Mudra</i>	 Place the tips of the thumb and forefingers together. Keep the little, ring and middle fingers extended straight. Palms face upward and rest on the knees or thighs.	Slows respiration and brings attention into the front brain centers.

<i>Mudra</i>	Technique		Effect
<i>Medha Prana Kriya Mudra</i>	The tip of the forefingers touch the middle joint of the thumbs. Palms face upward and rest on the knees or thighs. Keep the little, ring and middle fingers extended straight.		Slows respiration; activates the discriminative centers of higher wisdom in the brain.
<i>Prajna Prana Kriya Mudra</i>		The tips of the forefingers touch the first joint at the base of the thumbs. Keep the little, ring and middle fingers extended straight. Palms face upward and rest on the knees or thighs.	Slows respiration. Witness consciousness unfolds. The entire brain relaxes.
<i>Vishnu Mudra</i> <i>Gesture of Vishnu</i>	The index (air) and middle finger (sky or ether) touch the base of the thumb (fire or energy). The thumb, ring and little fingers are extended and held straight.		Relaxes respiratory center, calms the mind, induces meditation. Used to control nostrils during pranayama.
<i>Dhyana Mudra 1</i> <i>Gesture of Meditation</i>	The right hand resting on the left signifies worldly consciousness and supported by spiritual understanding. After performing <i>Prajna Prana Kriya Mudra</i> , keep the fingers in position and simply slide the right hand into and on top of the left hand. The knuckles of the index fingers will touch as will tips of the thumbs.		Brings breath and prana into the heart chakra. Slows respiration and deepens meditative insight.
<i>Dhyana Mudra 2</i> <i>Gesture of Meditation</i>		Slide the index fingers and touch the tips of the thumbs to form two unbroken circles.	Brings breath and prana into the lower breathing space. Slows respiration and 'grounds' the body for deep meditation.
<i>Dhyana Mudra 3</i> <i>Gesture of Meditation</i>	Slide the index fingers down so only the tips of the thumbs are touching. The thumbs now form an unbroken circle which represents the 'perfection of spiritual understanding' as the circle is perfect in form and infinite in shape.		Brings breath and prana into the whole body. Slows respiration. Opens awareness into the akasa, space vayu. Brings multi-dimensional awareness into the foreground.