



Participants, we're delighted to have hosted you for our September 8-12, 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!

Stephanie & Karen, and the iRest Team



Orienting to Working with Opposites of Emotion in iRest YN Meditation and 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 (rta)

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 Continuums of Core Beliefs and 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 (ṛta), 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 Continuums

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



Ahamkara and Asmitā

Ahamkara: i-maker, functioning in our system that creates a sense of ego separation

Asmitā: i-ness, sense of i-ness that is created by the ahamkara and attaches itself to anything that arises

Ahamkara and its production, asmitā, function together to create a sense of division & separation where non-exists.

3 Movements of iRest

2 Paths of iRest

Constructive and Integrative

- Developing a Healthy sense of Self
 - Feeling Connectedness to self and others
 - Willing to be seen, heard, connected, a sense of belonging
 - Understanding the basic functioning of our mind, the ego-I, movements of attention, AND well-being, Being
 - Befriend our Nervous System

Constructive/Integrative

- Vagal Nervous System
- 3 Levels of Ego hardwired in brain
 - Neo-Cortex
 - Self-narrative that lives in time
 - Subtle Pre-verbal emotional self
 - Felt more somatically
 - Perception of self as separate

Constructive and Integrative

- Attention Training
 - Free attention for Self Inquiry
- Differentiating Seer from the Seen

Deconstructive and Integrative

- Feeling Opposites
- Feeling out in all directions globally
- Inquiring into function of I-thought
- Inquiring into non-separation
- Weaving Being/Awareness
- During Asmitamaya
- Witness dissolves into Witnessing

Direct Realization of Nondual Nature

- Embodying felt sense of Non-Separation
- Spontaneous awakening to Non-Dual Nature
- Grounded in unchanging, non-separate

Wholeness

Two Paths of iRest

- Progressive Path
 - Developmental Process
 - Comprehensive means of embodied awakening
 - Constructive-Integrative and Deconstructive-Integrative
 - Emphasis on Wellbeing, Being throughout
 - Disidentification, not dissociation

Two Paths of iRest

- Direct Path

- Recognition of everything as non-separate
- Differentiate changing well being from unchanging Being
- Grounded unchanging non-separate wholeness
- Living our non-separate essential nature in the world