



Dear Participants,

We are delighted to make available *The Heart of Being: A Live Online Intermediate iRest Meditation Retreat* via livestream.. We have assembled the following set of resources in support of the themes 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!

Stephanie, Richard, and the iRest Team

Reading

Spanda by [Alfred K. LaMotte](#)

The sign of life is pulsation. 'Spanda' in Sanskrit. From Spanda comes our word 'expand.' That which expands must also contract, must pulse. That which does not pulse cannot play, cannot live. Pulse is the nectar of creation, and the wine of health. Atoms, hearts, moments of time, cycles of history, worlds and galaxies, all bubble up and dissolve as the pulse of the Infinite. Music is the pulse of silence, dance is the pulse of stillness, art is the pulse of the formless. Spirit pulses into Matter. Shiva pulses into Shakti. If we are going to pulsate and live, we must not only know how to act, but how to rest; not only how to swell, but how to be empty; how to listen as well as speak; how to be dark as well as radiant. We learn to rest between the pulses. Between our days. Between our moments. Between our heartbeats. And right in the midst of busy lives, to be so vulnerable that we can fall into the gaps and silences, coming Om even for an instant, which could be an instant of eternity, as we let go of Doing to sink into Being. But we get stuck in the mind, do we not? In dry abstractions, brittle concepts. Whether religious or political, it is the same arid paralysis: lack of pulse. Weak pulse is dis-ease. The organic vibrancy of our body goes numb. Confined to the cage of the intellect, we have no juice, and cannot feel the kiss of God. Ideology will never save our world. Our world will be saved by the call of a robin at dawn, the flavor of your grandmother's mashed potatoes, the gaze of a baby sucking a nipple, the sting of dew on your bare feet. Whatever the question is, the answer is not an idea. Nor will the answer ever come as the conclusion of an argument. The answer is returning to pulsation. When you are stuck in the mind, drop those inflexible concepts and come home to what pulsates, the rhythm that softens and expands your heart. This life-giving pulse of Spanda need not be sensational or dramatic. It could be as gentle and intimate as your next breath.

Sutras

from The Radiance Sutras by Lorin Roche, PhD

Sutra 4 (27 in traditional Vijnanabhairava)

At the end of the exhale,
Breath surrenders to quietude.
For a moment you hang in the balance –
Suspended
In the fertile spaciousness
That is the source of breath.

At the end of the inhale, Filled with the song of the breath,
There is a moment when you are simply
Holding the tender mystery.

In these interludes,
Experience opens into exquisite vastness
With no beginning and no end. Embrace this infinity without reservation.
You are its vessel.

Sutra 27 (50 in traditional text)

Put attention into the luminous connections
Between the centers of the body,
Where the mind loves to dissolve.

Base of the spine and top of the head.
Genitals and heart.
Heart and throat.
Throat and forehead.
Forehead and crown of the skull.

Enter the glowing net of light
With a focus born of awe,
And even your bones will know enlightenment.

Insight Verses: 157

Adorable Goddess,
These practices are a nectar I share with you.
Drink from the cup whenever you are thirsty
Or crave to be refreshed in the essence of life.

Know that this ambrosia is available to you
Everywhere, for the universe is made out of it.
Simply go to the intersection of flesh and spirit,
Breathe the tiny sparks that fly.

Within this very body
Are many gateways to the infinite,
Where incarnation and immortality
Consummate their passion for each other.

iRest Elevator Pitches (can substitute the word ‘Meditation’ for ‘iRest’)

What is iRest (Meditation)?

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

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

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.

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

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

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

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.