



Dear Participants,

Thank-you for joining us for our four-class series, *Living Your Heart's Desire with iRest Yoga Nidra* with Anne Douglas. We sincerely hope you enjoyed the course and would greatly appreciate you taking a few moments to [complete a course evaluation](#) (with an optional testimonial). Your feedback is of great value to us and will be used to improve the content and presentation of future workshops.

You might enjoy viewing the course recordings 1 or 2 more times since you have access to them until December 25. This would be a great way to get the most out of the course by deepening into the practices and inquiries. [Click here](#) and utilize passcode: HeartsDesire108

Anne has generously offered the content of her slides as notes for your reference only. We ask that this material not be shared or reproduced in any way. You received an email copy of the slide content after each class including all of the teaching points, practices, and poetry.

Please see the next pages of this handout for the final summary from the fourth and final class.

It is our Heartfelt Desire to share meaningful programming with you and we look forward to connecting with you again soon!

Anne Douglas and the iRest Team



LIVING YOUR HEART'S DESIRE with iREST YOGA NIDRA
with Anne Douglas

Session 4 (October 30) Handout & Event Resources

Class 4

The Sages of Yoga & Neuroscience – The Wisdom of your Heart's Desire

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

~ Anais Anin

Agenda

- Listen to My Heart Song
- Homeplay: check in
- The Sages of Yoga & Neuroscience
- Worksheet 2 for Manifestation
- Deepening Your Heart's Desire
- Practices for Integration
- Reminder: everything is an invitation

Listen to My Heart Song 

The Sages of Yoga & Neuroscience: Rewiring Your Brain

Neurons that fire together wire together

~ Dr Donald Hebb (known as Hebb's rule)

Emotions are like rocket fuel for building new neural circuitry.

~ Dr Rick Hanson from Hardwiring Happiness

Rewiring Your Brain ...

- "What fires together, wires together"
 - Memory of dog biting you and pain
 - Can create an unconscious belief that all dogs create pain
 - Fear of dogs
 - Experience of bliss in savasana
 - Become dependent on savasana for bliss
 - Experience of love with beloved
- Become dependent of them for sense of fulfillment
 - We want to build connections independent of circumstance
- Start with determining what you want to manifest
- Recall or imagine it to be true, using all the senses
- Feel the emotions of how it is when you believe it is true
 - This builds new neural pathways as a memory
 - Whether or not the external circumstances mirror it

The Law of Attraction meets Yoga Nidra

- Manifestation follows frequency: peace, joy, love, bliss builds frequency (light, sound, energy)
- World mirrors YOU in what shows up in your life
- Conditioning masks or veils our True Nature of infinite abundance frequency
- Build frequency by noticing and clearing old impressions then build new impressions
 - Pro-actively engage cognitions & emotions in iRest
 - Imagine and FEEL Hearts Desire as true
- YOU are the very source of what you desire.
- Sankalapa: "Launch your rocket of desire"
- Feel & Affirm it as true: "Getting in the vortex"
- Stay in the vortex: Focus on what you DO want not on its absence
- If you are noticing "contrast" come back into your "vortex" of attraction as a vibrational match
- Affirm from within your vortex
- Self Love is part of your "vortex"
- Be patient! There is a time lag between a seed and a tree!

iRest Yoga Nidra: Your Keystone Practice

- Lying Down activates PNS
- Sankalpa elicits clarity, safety and well being
- Sensing body and breath activates PNS
- Deeper Brain Wave States for receptivity:
 - new neural circuitry beyond current conditioning
- Sighing increases vagal tone
- Slow breath with extended exhale activates PNS
- Heart space breath & meditations build well being
- Pro-active engagement of cognitions & emotions
- Ananda builds your light body & vortex
- Integration of Light-Love-Joy as everyday wear

Great Fire of the Heart

Movement and stillness are luminous consciousness.

Free from seeking and from practice

The essence of the heart inundates your whole being.

Your cosmic body is manifested in totality,

The cosmos tremors within your own dwelling-place!

The honey of this realization flows in every glitter of light

Neither matter nor people are deprived of it,

The sun, moon, the rocks, and the trees, the sky and the earth

The body and the mind do nothing but proclaim this Heart vibrating to Infinity.

~ Sahajanandabhairava

Regrets of the Dying by Bronnie Ware

- I wish I'd had the courage to live a life true to myself, not the life others expected of me
- I wish I hadn't worked so hard
- I wish I'd had the courage to express my feelings
- I wish I had stayed in touch with my friends
- I wish that I had let myself be happier

Anita Moorjani - Dying to Be Me

Her greatest learning in her near-death experience, while surrounded by unconditional universal love, was that we are to love and respect ourselves as we are ... To be ourselves, versus being “positive” or being who we think others want us to be.

Josh Waitzkin, author of *The Art of Learning*, a book on how to be a master at everything you do. He also was a chess prodigy and Tai Chi and Jiu-Jitsu master. He suggests that the greatest guide you have is your future self in 20 years from now. They are your best guide for your life right now.

Deepening into Your Heartfelt Desire

- Eckhart Tolle suggests that we have 2 purposes (HFD)
 - one that is personal, and another that is not personal
 - “It is our purpose and destiny to bring a new dimension into this world by living in conscious oneness with the totality and conscious alignment with universal intelligence.”
- Your “spiritual” HFD that is your life purpose is a thread that has been with you all of your life ...
- It may call you to make the world a more beautiful, kinder and perhaps “heavenly” place
- Deeper and more altruistic, generous, with yearnings for peace, freedom, bliss, love and aligned with the order of the universe, the nature of reality, etc.

Worksheet 2...Living My Long-Term Heart’s Desire!

1. What is your heart’s GREATEST desire or longing that has been an overarching theme or purpose in the whole of your life?
 - For your intimate relationship/s:
 - For your “work” in the world:
 - For yourself:
2. If I had that, then what do I want?
3. And if I had that, then what do I want?
4. And finally, if I had that, what do I want?
5. What gets in the way of my achieving my heart’s desire?
 - a. Logistical factors (realities of my life that I may not be able to change)
 - b. Behavioral factors (emotions, beliefs or habits that I can influence)
6. What cues trigger these limiting factors?
7. What Inspired Action Steps with new cues can I take to affect these...
 - a. Logistical factors:
 - b. Behavioral factors:
8. What realistic time frame can I build into these steps to ensure follow through?
9. Is there someone I can ask for support with these commitments?

Practices

- BodySensing Source Yoga
 - Listening by feeling to your inner YES & NO
 - Embody hearts aliveness and desire
- iRest Yoga Nidra
 - Heart Space Breathing to awaken your heart
 - Sankalpa with Inquiry from Worksheet 2
 - Body Sensing, Breath Sensing
 - Future Self and End of Days inquiry
 - Affirm and FEEL HFD as true
- Everything is an invitation: modify to suit your needs

Key Take Away Practices

- Listening to Your Heart Song: in silence and in chant
- Notice and act on your inner YES and NO
- Connect with desires for younger self
- Dialogue with your future self
- Walk your Daily Rant
- Be a light unto the world: 100K photons!
- Feeling your heart's desire as true through your days
 - Living in your vortex of attraction ...
- Create a vision board for each year
- Living Your Heartfelt Desire Worksheets
 - Notice obstacles & create action steps
 - Follow through on your action steps
 - Your actions affirm your reality
- Journal: insights, evidence & commitments for Living Your Hearts Desire

*The moment one definitely
commits oneself, then
Providence moves too.*

*Whatever you think you can
do, or believe you can do,
begin it. Action has magic,
power and grace.*

~ Goethe

Recommended Resources

- *Habits – Why We Do What We Do in Life and Business* by Charles Duhigg
- *Hardwiring Happiness & Buddha's Brain* by Rick Hanson, PhD
- iRest Institute – www.irest.org
- *Your Heart Song*: <https://vimeo.com/610946796>
- Follow-up e-mail from iRest:
 - Class resources with Take Away Practices
 - Link to program evaluation & testimonial

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