



Participants, we're delighted to have hosted you for our November 5-7 and 12-14, 2021 iRest Level 1 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!

Fuyuko and the iRest Team

True North

from "Gratitude Goulash: Poems & Stuff" by Doug von Koss

That other compass
you bought in the city
is no good to you now
Before darkness comes
give it away
Pause in your confusion
Stand quiet in the fading light
Say, I am lost.
Say, Where is my life waiting?
Say, I want an answer!
Then, in the gathering dusk
some quiet part of you
may begin to open
Call it your inner compass rose
Call it the home of your true north
as constant as Polaris
in the night sky
If there is an aroma
faint in the evening breeze
take a grateful breath and
move in that direction
Your road will be there,
Glowing in the moonlight
Say, Thank you for this unfolding
Your compass rose has opened

Feeling & Emotions Sheath (Manomaya Kosha)

The Guest House

by Rumi from "Say I Am You" translated by Coleman Barks

This being human is a guest-house
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture.
Still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Asmitamaya Kosha (I-ness & Beyond)

Quote

by Johannes Tauler

Beyond this, he is led into another Heaven which is the divine Essence itself, where the spirit loses itself so completely that no trace of the self remains. What happens to him there, what he experiences and enjoys, no man can ever tell or conceive or understand. Indeed, how could the mind ever grasp such a thing? Even the spirit of man cannot comprehend it, for so submerged is it now into the divine ground that it knows nothing, feels nothing, understands nothing but God alone in His simple, pure, undisguised Unity.

Quote

from "Anam Cara: A Book of Celtic Wisdom" by John O'Donohue

*May the light of your soul guide you.
May the light of your soul bless the work
You do with the secret love and warmth of your heart.
May you see in what you do the beauty of your own soul.
May the sacredness of your work bring healing, light and renewal to those
Who work with you and to those who see and receive your work.
May your work never weary you.
May it release within you wellsprings of refreshment, inspiration and excitement.
May you be present in what you do.
May you never become lost in the bland absences.
May the day never burden you.
May dawn find you awake and alert, approaching your new day with dreams,
Possibilities and promises.
May evening find you gracious and fulfilled.
May you go into the night blessed, sheltered and protected.
May your soul calm, console and renew you.*