



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 deeper exploration. Kindly see the included poetry, answers to questions from the training, and a document to support teaching themes for an orientating talk and interviewing questions when teaching a class on working with opposites of emotion.

We also include three 15-minute iRest scripts that may may be offered progressively. If teaching a 6 week class the first script could be offered the first 2 weeks, then the second script would be offered weeks 3 and 4, and the third script offered weeks 5 and 6.

We hope you'll find these guides and references useful, and look forward to seeing you again soon!

Stephanie and the iRest Team

I Know The Way You Can Get

by Hafiz from I Heard God Laughing - Renderings of Hafiz translated by Daniel Ladinsky

I know the way you can get
When you have not had a drink of Love:
Your face hardens,
Your sweet muscles cramp.
Children become concerned
About a strange look that appears in your eyes
Which even begins to worry your own mirror
And nose.

Squirrels and birds sense your sadness
And call an important conference in a tall tree.
They decide which secret code to chant
To help your mind and soul.

Even angels fear that brand of madness
That arrays itself against the world
And throws sharp stones and spears into
The innocent
And into one's self.

O I know the way you can get
If you have not been drinking Love:

You might rip apart
Every sentence your friends and teachers say,
Looking for hidden clauses.

You might weigh every word on a scale
Like a dead fish.

You might pull out a ruler to measure
From every angle in your darkness
The beautiful dimensions of a heart you once
Trusted.

I know the way you can get
If you have not had a drink from Love's
Hands.

That is why all the Great Ones speak of
The vital need
To keep remembering God,
So you will come to know and see Him
As being so Playful
And Wanting,
Just Wanting to help.

That is why Hafiz says:
Bring your cup near me.
For all I care about
Is quenching your thirst for freedom!

All a Sane man can ever care about
Is giving Love!

Meditation Blues

by Stephen Levine from Guided Meditation, Explorations, & Healings

Sometimes it breaks my heart
to watch my mind –
cold self-interest,
insistent fear and judgement,
whispered insults,
vengeful fantasies,
triumph and despair.

A conditioned unfolding
so impersonal,
we take it personally.

Sometimes aghast
at the casual cruelty
of even minor fears
and celebrations.

Sometimes it breaks my heart
to watch my mind.

And sometimes it stays broken
long enough to touch
even this pain
with love.

Sometimes the mercy washes
even Mrs. Macbeth's hands,
turns tragedy to grace,
and makes it all worthwhile.

Sometimes it breaks my mind
To watch my heart.

Quote

Buddha from Brahmanimantanika & Kevaddha Sutra

“Do not think that this Nirvana is an empty or void state. There is this consciousness, without a distinguishing mark, infinite and shining everywhere; it is untouched by the material elements and not subject to any power. Here it is that conditioned consciousness ceases to be.”

Quote

Buddha from Udâna VIII. 1-3

“There is a field of experience that is beyond the entire field of matter, the entire field of mind, that is neither this world, nor another world, not both, neither moon, nor sun. This I call neither arising, nor passing away, nor abiding, neither dying nor rebirth. It is without support, without development, without foundation. This is the unborn, unbecome, uncreated, unconditioned. This is the end of suffering.”

Wild Geese

by Mary Oliver from Dream Work

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting -
over and over announcing your place
in the family of things.

Other Books Referenced

Four Main Texts of Nondual (Kashmir) Shaivism: Siva Sutras, Spanda Kārikā, Pratyabhijñāhṛdayam, Vijñānabhairava

Siva Sutras Jaideva Singh

Pratyabhijñāhṛdayam Jaideva Singh or translations by the following authors:

- The Recognition of Our Own Heart by Joan Ruvinsky
- The Recognition Sutras by Christopher Wallis

When a Dog Runs Up

by Hafiz from A Year with Hafiz: Daily Contemplations by Daniel Ladinsky

Start seeing everything as God, but keep
it a secret.

Become like the man and woman who are
awestruck and nourished

listening to a golden nightingale sing
in a beautiful foreign language while God,
invisible to most, nests upon its tongue.

Hafiz, who can tell in this world that
when a dog runs up to you wagging its
ecstatic tail, you lean over and whisper in
its ear,

“Beloved, I am so glad you are happy to
see me! Beloved, I am so glad, so very glad
you have come!”



Answers to Remaining Questions from the Training

In a group practice, would you ask for permission to share the recording. Would it interfere with the sharing during the interview process for some in the group?

I would only record the actual practice itself. I wouldn't record the orienting talk, interviewing, nor the debrief. This ensures confidentiality during the sharing portion of the class while allowing your students to enjoy the actual iRest practice in between group sessions.

What do you think is most important to highlight in a 15min talk of iRest before getting them into a practice?

The themes to highlight in the 15-minute orienting talk will depend on the focus of your class. If you are focusing on a particular step of sankalpa (Intention, HFD, or IR) then I would share specific themes that will support your students to understand the focus and benefit of that step. However, if you are teaching a class later in the series, your orienting talk and interview may be specific to opposites of emotions or beliefs if that is what you are opening into in that session. I've shared an example of an outline of what you might cover in an orienting talk on opposite of emotions and what to focus on during an interview.

You may also want to use and reference the Intro to iRest Workbook which can be found on the free Teacher Resource page on the iRest Institute website. That is designed to support you when you teach your classes. You can make copies to share with your students during classes.

Another consider – which relates to the next answer below – is that we have specific essential principles that underlie the iRest practice. You may also consider these principles as discussion points for various orienting talks. By highlighting a particular essential principle, you will assist your students to learn the spirit of the practice and of meditation itself.

Can you place the list of things that are included in every iRest practice no matter the length, on the resource page as well please?

Sure, here you go. Remember, essential components are the aspects of the actual 10 steps that need to be included at a minimum for the practice to be iRest. Of course, you may offer further variations from there (ie: add on HFD, proactively engaging emotions and thoughts in other ways, etc.). Essential principles are the spirit behind how you offer the steps of iRest.

Essential components of 10-Steps of iRest that need to be included:

1. Intention (Sankalpa)
2. Inner Resource (Sankalpa)
 - a. Wholeness: Depending upon maturity of student
 - i. Changing IR (personal with or w/out imagery)
 - ii. Unchanging IR (i.e., Being, Awareness, Well-Being)
3. Somatic Based (Annamaya, Prāṇāmaya)
 - a. BodySensing, BreathSensing
 - i. Interoceptive Awareness
4. Emotions and Thoughts (Manomaya, Vijñānamaya)
 - a. Noting, Welcoming
5. Asmitamaya
 - a. Noting, orienting, welcoming, attuning to, harmonizing and being the unchanging witness or observer of all that's present and changing
 - b. Opening to Being-Awareness
 - i. Taking Perspective
 1. Sensing subtly of ego-I identification that comes and goes
6. Integration (Sahaj)
 - a. Little and Often
 - b. Recognizing Unchanging Being-Wholeness-Awareness amid life circumstance

Essential Principles: Essential 'Flavor' of iRest: Guiding, underlying principles that address the spirit behind the teachings of iRest

1. Non-Separate Wholeness
 - a. Everything arises from the underlying Mystery that gives rise to:
 - i. The entire universe
 - ii. Our heart-centered presence that manifests as being and awareness
2. Welcoming
 - a. Not something we're doing
 - i. Fundamental essence of Essential Nature
 - b. Suggestive and non-directive rather than directive and imposing
 - c. Meeting, greeting, being with, what is
 - i. Inquiring, accepting and proactively responding to what is
 1. Not trying to fix, alter, or change

- a. Fight with reality and we always lose
- 3. Everything is a Messenger
 - a. Everything designed to help us “hit the mark” and stay on course
- 4. Non-Judging
 - a. No “good” or “bad, “right or wrong”
 - i. Just hitting or missing the mark
 - b. In harmony with life (Sanskrit: Rta)
 - i. Harmony with self
 - c. Willing to be seen, heard, connected, and to belong
 - i. Safe with yourself in an unsafe world
 - ii. “I’m safe with myself”
 - 1. No self-betrayal
 - 2. “I Say “yes” when I mean “yes,” I say “no” when I mean “no”.
- 5. Law of Awareness
 - a. Whatever is truly welcomed in awareness, we integrate and go beyond
 - i. Transformation spontaneously occurs when we don’t try to fix or change, but truly welcome what is in the spacious openness of Awareness
- 6. Self-Inquiry
 - a. Exploring inwardly your own self
 - i. Questioning, examining, investigating everything to come to one’s own first-hand direct and immediate experience
 - ii. Examining and understanding the nature of ‘self’, ‘other’, and ‘world’
 - 1. Differentiating between ‘changing’ and ‘Unchanging’
 - iii. Non-directive practice
 - 1. Offering guidance
 - a. Map of Meditation
 - i. Pathless Path
 - 1. Beyond dogma
- 7. Somatic practice
 - a. Sensing and feeling versus thinking
 - i. Gross to subtle
 - ii. Pure perceiving
 - b. Everything as embodied understanding
- 8. Taking Perspective
 - a. Attention turns from focus on changing objects to being unchanging witnessing presence
 - i. Dis-identification and freedom from changing sensations, emotions, thoughts
 - ii. Dis-identification and freedom from ego-I thought
 - 1. Understand function and changing nature of I-thought
 - iii. Enhances ability to discern self as unchanging Essence
 - iv. Enhances ability to then turn back to changing with enhanced ability to meet, greet, welcome, and proactively respond



Orienting to Working with Opposites of Emotion in iRest YN Meditation and Interviewing

Orienting Talk

- Core Principles
 - Welcoming what is with nonjudgement o 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 (ṛta)

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

WEEK 1: 15-MINUTE iREST SCRIPT

The following script presumes that the student is lying down. Please adapt your instructions when the student is sitting or standing.

SETTLING IN

2 MINUTES

Allow yourself to settle into a comfortable resting position... With your eyes open or closed, welcome the environment, and sounds around you... The touch of air on your skin... Sensations where your body touches the surface that's supporting it... (Pause)... Your entire body and mind settling into feeling at rest and at ease... (Pause)...

INTENTION (SANKALPA)

1MINUTE

As you continue settling, welcome an intention for your practice...perhaps an intention to be curious to whatever arises... or to building a new relationship with your body, mind, emotions, and spirit...(Pause)...

INNER RESOURCE (SANKALPA)

3 MINUTES

Welcome in an Inner Resource, an inner felt sense of ease, security, safety, or calm... A safe haven, refuge, or oasis that can help you feel secure and at ease in this and every moment... (Pause...) If it helps, invite in people or images — a wise man or woman, power animal, object, or place in nature — that help you nourish feelings of being secure, safe, calm, or at ease throughout your body... (Pause...) ... Notice where and how you experience these feeling as sensation in your body... (Pause...) ...

Know that you can return to this Inner Resource at any time, day or night, and throughout your practice of iRest... whenever you feel the need to feel totally secure, safe, calm, or at ease... (Pause...) ...

PRACTICING BODYSENSING (ANNAMAYA)

1½ MINUTES

Welcome sensations in your jaw... Mouth... Ears... Eyes... Forehead and scalp... Head, neck, and shoulders... natural feelings of heaviness or lightness in the shoulder... arms... palms... fingers... Torso and pelvis... natural sensations of tingling or vibration in the hips... legs... feet... Your entire body, as a field of vibrant sensation... (Pause)... Welcoming your experience just as it is, while feeling into your Inner Resource of being aware... alert... at ease... secure... grounded ... (Pause)...

PRACTICING BREATHSENSING (PRĀṆĀMAYA)

1 MINUTE

Welcome your body breathing, and the sensation of the abdomen gently expanding with each inhalation... and releasing with each exhalation... (Pause) ... Body breathing... abdomen gently expanding and releasing with each breath... and the felt-sense of your Inner Resource of security... ease... and well-being... (Pause)... ..

NOTING EMOTIONS AND THOUGHTS (MANOMAYA & VIJÑĀNAMAYA)

1 MINUTE

Take a few moments now to welcome any emotions and thoughts that are present... without trying to change them... noticing where and how you feel them in your body... .. your experience just as it is... (Pause)...

WELCOMING JOY AND WELL-BEING (ĀNĀNDAMAYA)

2 MINUTES

Welcome in feelings of ease, contentment or joy throughout your entire body... and where and how you feel these as sensations in the body... If helpful, bring to mind a memory or image of a place, person or animal that helps invite in feelings of ease, peace, well-being or joy... .. Now allow the memory or image to drop away and remain with the sensations of ease, peace, well-being or joy... And, perhaps, the joy of simply being...(Pause)... ..

AWAKE AWARENESS (ASMITĀMAYA)

1½ MINUTES

If it feels right, imagine going about your daily life... all the while feelings yourself awake and aware... (Pause...) ... Now, set the images and thoughts free to be here just as they are, while shifting your attention into simply being aware... Notice where and how you experience the felt-sense of being awareness itself... .. Being awareness awake and aware of itself... (Pause...) ...

BACK INTO LIFE (SAHAJ)

2 MINUTE

As you're ready, open and close your eyes several times while welcoming and feeling your Inner Resource of well-being, ease... and safety... .. Feeling connected to yourself and the world around you...(Pause)... Feeling secure... grounded... at ease... (Pause)...

As you're ready, come back to your eyes open, wide-awake and alert state of mind and body... (Pause)... Allowing the feeling of well-being to remain with you as you move back now, into your daily life... (Pause)...

WEEK 2: 15-MINUTE iREST SCRIPT

The following script presumes that the student is lying down. Please adapt your instructions when the student is sitting or standing.

SETTLING IN

1 MINUTE

Allow yourself to settle into a comfortable resting position... With your eyes open or closed, welcome the environment, and sounds around you... The touch of air on your skin... Sensations where your body touches the surface that's supporting it... (Pause)... Your entire body and mind settling into feeling at rest and at ease... (Pause)...

INTENTION (SANKALPA)

1 MINUTE

As you continue settling, welcome an intention for your practice...perhaps an intention to be curious to whatever arises... or to building a new relationship with your body, mind, emotions, and spirit...(Pause)...

INNER RESOURCE (SANKALPA)

2 MINUTES

Welcome in your Inner Resource that helps you feel at ease, secure, safe, or calm in this and every moment... (Pause...) If it helps, invite in people or images — a wise man or woman, power animal, object, or place in nature — that help you nourish feelings of being secure, safe, calm, and at ease throughout your body... (Pause...) ... Notice, now, as you're simply being in this moment, where and how you experience these feeling as sensation in your body... (Pause...) ...

Know that you can return to this Inner Resource at any time, day or night, and throughout your practice of iRest... ..

HEARTFELT DESIRE (SANKALPA)

2 MINUTES

And in this moment of resting here, simply being, notice how this felt-sense of being doesn't need anything... doesn't need fixing or changing... it's okay, just as it is... just as you are... simply being... .. Notice how a felt-sense of value, meaning and purpose may arise when you're simply being, without having to do anything... .. As you explore the feeling of value, meaning and purpose, what qualities arise in your body such as curiosity... connection... compassion... or kindness... .. Take a few moments now to settle into experiencing these qualities as a felt-sense in your body... ..

PRACTICING BODYSENSING (ANNAMAYA)

1½ MINUTES

Welcome sensations in your jaw... Mouth... Ears... Eyes... Forehead and scalp... Head, neck, and shoulders... natural feelings of heaviness or lightness in the shoulder... arms... palms... fingers... Torso and pelvis... natural sensations of tingling or vibration in the hips... legs... feet... Your entire body, as a field of vibrant sensation... (Pause)... Welcoming your experience just as it is, while feeling into your Inner Resource of being aware... alert... at ease... secure... grounded ... (Pause)...

PRACTICING BREATHSENSING (PRĀṆĀMAYA)

1 MINUTE

Welcome your body breathing, and the sensation of the abdomen gently expanding with each inhalation... and releasing with each exhalation... (Pause) ... Body breathing... abdomen gently expanding and releasing with each breath... and the felt-sense of your Inner Resource of security... ease... and well-being... (Pause)...

NOTING EMOTIONS AND THOUGHTS (MANOMAYA & VIJÑĀNAMAYA)

1 MINUTE

Take a few moments now to welcome any emotions and thoughts that are present... without trying to change them... noticing where and how you feel them in your body... your experience just as it is... (Pause)...

WELCOMING JOY AND WELL-BEING (ĀNĀNDAMAYA)

2 MINUTES

Welcome in feelings of ease, contentment or joy throughout your entire body... and where and how you feel these as sensations in the body... If helpful, bring to mind a memory or image of a place, person or animal that helps invite in feelings of ease, peace, well-being or joy... Now allow the memory or image to drop away and remain with the sensations of ease, peace, well-being or joy... And, perhaps, the joy of simply being...(Pause)...

AWAKE AWARENESS (ASMITĀMAYA)

1½ MINUTES

If it feels right, imagine going about your daily life... all the while feelings yourself awake and aware... (Pause...) ... Now, set the images and thoughts free to be here just as they are, while shifting your attention into simply being aware... Notice where and how you experience the felt-sense of being awareness itself... Being awareness awake and aware of itself... (Pause...) ...

BACK INTO LIFE (SAHAJ)

2 MINUTE

As you're ready, open and close your eyes several times while welcoming and feeling your Inner



Resource of well-being, ease... and safety... ... Feeling connected to yourself and the world around you...(Pause)... Feeling secure... grounded... at ease... (Pause)...

As you're ready, come back to your eyes open, wide-awake and alert state of mind and body... (Pause)... Allowing the feeling of well-being to remain with you as you move back now, into your daily life... (Pause)...

WEEK 3: 15-MINUTE iREST SCRIPT

The following script presumes that the student is lying down. Please adapt your instructions when the student is sitting or standing.

SETTLING IN

1 MINUTE

Allow yourself to settle into a comfortable resting position... With your eyes open or closed, welcome the environment, and sounds around you... The touch of air on your skin... Sensations where your body touches the surface that's supporting it... (Pause)... Your entire body and mind settling into feeling at rest and at ease... (Pause)...

INTENTION (SANKALPA)

1MINUTE

As you continue settling, welcome an intention for your practice...perhaps an intention to be curious to whatever arises... or to building a new relationship with your body, mind, emotions, and spirit...(Pause)...

INNER RESOURCE (SANKALPA)

2 MINUTES

Welcome in your Inner Resource that helps you feel at ease, secure, safe, or calm in this and every moment... (Pause...) If it helps, invite in people or images — a wise man or woman, power animal, object, or place in nature — that help you nourish feelings of being secure, safe, calm, and at ease throughout your body... (Pause...) ... Notice, now, as you're simply being in this moment, where and how you experience these feeling as sensation in your body... (Pause...) ...

Know that you can return to this Inner Resource at any time, day or night, and throughout your practice of iRest... ..

HEARTFELT DESIRE (SANKALPA)

2 MINUTES

And in this moment of resting here, simply being, notice how this felt-sense of being doesn't need anything... doesn't need fixing or changing... it's okay, just as it is... just as you are... simply being... .. Notice how a felt-sense of value, meaning and purpose may arise when you're simply being, without having to do anything... .. As you explore the feeling of value, meaning and purpose, what qualities arise in your body such as curiosity... connection... compassion... or kindness... .. Take a few moments now to settle into experiencing these qualities as a felt-sense in your body... ..

PRACTICING BODYSENSING (ANNAMAYA)

1½ MINUTE

Welcome sensations in your jaw... Mouth... Ears... Eyes... Forehead and scalp... Head, neck, and shoulders... natural feelings of heaviness or lightness in the shoulder... arms... palms... fingers... Torso and pelvis... natural sensations of tingling or vibration in the hips... legs... feet... Your entire body, as a field of vibrant sensation... (Pause)... Welcoming your experience just as it is, while feeling into your Inner Resource of being aware... alert... at ease... secure... grounded ... (Pause)...

PRACTICING BREATHSENSING (PRĀṆĀMAYA)

1 MINUTE

Welcome your body breathing, and the sensation of the abdomen gently expanding with each inhalation... and releasing with each exhalation... (Pause)... ... Body breathing... abdomen gently expanding and releasing with each breath... and the felt-sense of your Inner Resource of security... ease... and well-being... (Pause)... ...

NOTING EMOTIONS AND THOUGHTS (MANOMAYA & VIJÑĀMAYA)

2 MINUTE

Notice a particular emotion or thought that is present... without trying to fix or change it...

Welcoming where and how you feel this emotion or thought in your body... ... Your experience just as it is... (Pause)...

If helpful, welcome an opposite of this emotion or thought...(Pause)... Noticing where and how you feel this in your body... sensing first one... then it's opposite... (Pause)...and when it feels right, sensing both at the same time...notice any actions you can take with respect to your emotion or thought that can help you feel in harmony with yourself and the world around you... (Pause)...

WELCOMING JOY AND WELL-BEING

1 MINUTE

Welcome in feelings of ease, contentment or joy throughout your entire body... noticing where and how you feel these as sensations in the body...And, perhaps, the joy of simply being...(Pause)

Taking time to nourish these qualities in your body and mind ...(Pause)...

AWARENESS AWAKE TO ITSELF

1½ MINUTES

If it feels right, imagine going about your daily life... all the while feelings yourself awake and aware... (Pause...) ... Now, set the images and thoughts free to be here just as they are, while shifting your attention into simply being aware... Notice where and how you experience the felt-sense of being awareness itself... ... Being awareness awake and aware of itself... (Pause...) ...

BACK INTO LIFE

2 MINUTE

As you're ready, open and close your eyes several times while welcoming and feeling your Inner Resource of well-being, ease... and safety... ... Feeling connected to yourself and the world around you...(Pause)... Feeling secure... grounded... at ease... (Pause)...

As you're ready, come back to your eyes open, wide-awake and alert state of mind and body... (Pause)... Allowing the feeling of well-being to remain with you as you move back now, into your daily life... (Pause)...