



Dear Participants,

We are delighted to have made available *Revealing Your Wholeness, Your True Identity iRest Meditation Retreat* via livestream. We've assembled the following poems in support of the themes we explored during the event - and look forward to seeing you again soon!

Fuyuko and the iRest Team

Sutra 25

from The Radiance Sutras by Lorin Roche

Attend to the skin
As a subtle boundary
Containing vastness

Enter the posing immensity
Discover that you are not separate
From anything there

There is no inside,
There is no outside,
There is no other -
No object to meditate upon that is not you

Center of the Stream

from One Soul: More Poems From the Heart of Yoga by Danna Faulds

Soften. Soften. Sink into
the still center and receive
the body's wisdom.
Drink it in.
Feel everything.
(Can I really risk embodiment?)

Breath until sensations rise in a wave.
The feelings I've always pushed away
now take center stage.
(Am I strong enough to witness this?)

Relax. A deep, connected
breath sends the message,
"All is well," even as sensations swell.
(Can I drop the masks
and feel the armor start to crack?)

A parade of stories, needs
and dreams move past.
(Can I watch them all and not react?)

This moment is unfolding,
whole, unique, felt and seen.
(Dare I allow myself to be carried
to the center of the stream where
the water is too deep to stand,
and there are no handholds?)