



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?)