

📄 <https://tinyurl.com/y3f8sber>

Practice and connect with Jen through:



🌸 jenbyogi.com (website with offerings)

🌸 <https://vivayalive.com/?referral=62d624d2> (online platform for wellness / yoga / meditation / coaching with live sessions and recordings)

🌸 <https://www.youtube.com/channel/UCy84oa7ttKyR5BIbSErITBw> (Jenbyogi Youtube Channel)

🌸 https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html (OISE Wellness)

🌸 https://www.oise.utoronto.ca/wellness/The_Mindful_Teacher_Educator_Series/index.html (website with live sessions and recordings)

🌸 *You can also access past Restorative Reset recorded sessions here*
You can also access past Rise & Realign recorded sessions here

🌸 <https://jabumind.com> (meditation app for educators and students with recordings)

🌸 <https://www.irest.org/sangha-series> (iREST® updated 09/20/2022)

🌸 <https://www.irest.org/join-our-mailing-list> (iREST® meditations emailed regularly)

Playlist: (*some artists / musicians played during our sessions)

🌸 <https://www.municipalman.com/> (Mark C)

🌸 https://youtu.be/3_1Wq0snhYk (Beautiful Chorus)

🌸 <https://youtu.be/gPhZwWFJRXQ> (DJ Taz & Sol Rising)

🌸 https://youtu.be/f1ds8p_UgfU (Earth Rise Sound System, The Yoga Sessions)

<https://www.jenbyogi.com/session-resources>

*If you're in need of further support for medical or mental wellbeing & health, please reach out to your local support teams. The attached document shares some based in Toronto and the vicinity. None are endorsed by OISE or Jenbyogi.

| GENERAL / ALL MEDICAL TELEHEALTH | MOBILE RESPONSE TEAMS | MENTAL HEALTH (CHILDREN) | MENTAL HEALTH (ADULTS) | ASSAULT | WITHDRAWAL |
|---|--|--|---|---|--|
| <p>https://tahealth.com/</p> <p>What is the price? How much does Tia cost? Tia Health is covered by MSP and OHIP, patients with a valid Ontario, Alberta, or British Columbia Health Card will not be charged. For other provinces, appointment pricing ranges, depending on the appointment type you select. There are no time-based fees or additional fees if an appointment lasts longer than expected. Appointments are also covered by OHIP, AHCP and MSP, a receipt is provided. Yearly and monthly membership plans are available through insurance brokers. *Is this legit? Yes. All of our doctors are Canadian licensed physicians. You can verify the status of their license and view their credentials on the college of physicians website for the province they are licensed. The city and province in which the physician practices is listed on their profile while navigating the booking process.</p> | <p>Toronto: 27 hr / 7 days Gerritsen Centre Crisis Line: 416 929-5200 service borders: south to the lake, north to Eglinton, and then north to Highway 401 (between Bathurst and Bayview), east to Bayview to Danforth and then to Victoria Park, west to Islington Ave. St. Mike's Hospital Mobile Crisis Team via Police Department (911) accessible through police (no direct number). Response team consists of a police officer and a mental health nurse. St. Joseph's Hospital Mobile Crisis Team via Police Department (911) accessible through police (no direct number).</p> | <p>https://mytoolkit.ca/</p> <p>SickKids Centre for Community Mental Health (no emergency services) No reviews - Mental health service North York, ON (416) 524-1164</p> | <p>CAMH: Emergency Department 300 - Hospital department Toronto, ON Open 24 hours - (416) 979-6885 (30) - Hospital department Toronto, ON Open 24 hours - (416) 979-6885</p> | <p>Assaulted Women's Helpline: 416 863-0511; Toll-free: 1 866 863-0511. or text #SAFE (#7233) on Bell, Rogers, Fido or Telus). Free, anonymous & confidential 24-hour helpline for women in Ontario experiencing any form of abuse.</p> | <p>Crisis addiction services Toronto Withdrawal Management System For Toronto residents: 416 864-5040; Toll-free: 1 866 366-9513 Hours: 24/7, 365 days a year. Central Access is a primary point of entry into the Toronto Withdrawal Management Services system referral system for individuals 16 years of age and older (operated by St. Michael's Hospital).</p> |
| <p>https://www.uhn.ca/Patients/Families/health_information/health_Topics/Docum ents/Guide_to_Finding_Mindfulness_Programs.pdf</p> <p>GUIDE TO FINDING MINDFULNESS PROGRAMS - OHIP / \$ PAID</p> | | <p>Kids Help Phone: 1 800 668-6868; Languages: English and French</p> | <p>Toronto Distress Centres: 416 408-4357 or 408-HELP</p> | <p>Assaulted Women's Helpline: TTY: 416.364.8762 & TTY Toll free: 1.866.863.7868 Phone: GTA-416.863.0511 & toll free: 1.866.863.0511 http://www.awhl.org/</p> | <p>ConnexOntario: Provide free and confidential health services information for people experiencing problems with gambling, alcohol/drugs and mental health http://www.connexontario.ca/</p> |
| <p>https://startw@hmc.ca/wp-content/uploads/2016/04/mindfulness-well-being-resources.pdf</p> <p>PAID GROUPS NON OHIP</p> | | <p>Kids Help Phone: If you are a child or teen and need support, you can go to Kids Help Phone 1 800 668 6868 (voice) or chat online at www.kidshelpline.ca</p> | <p>Community Crisis Line Scarborough and Rouge Hospital: 416 495-2891 for 24/7 telephone crisis support. Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park</p> | | |
| <p>Telehealth Ontario at 1-866-797-0000</p> | | <p>https://mindyourmind.ca/ - <i>mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.</i></p> <p>Kids Help Phone at 1-800-668-6868 or texting CONNECT to 686868</p> | <p>Durham Crisis and Mental Health Line: 905 666-0463</p> | | |
| <p>211 - call 2-1-1 or text 21166 (M-F 7am - 9pm) finding supports in the community such as food banks, housing and more.</p> <p>Toronto Public Health - (416-338-7600) Up-to-date Covid-19 information for the City of Toronto</p> | | <p>Mental Health TO at 1-866-585-6486 for free phone or video mental health counselling for infants, children, youth and families</p> | <p>Oakville Distress Centre: 905 840-4541 for residents of Halton Region (Burlington, Halton Hills, Milton and Oakville)</p> <p>Spectra Helpline: 416 920-0497 or 905 459-7777 for Brampton and Mississauga residents TTY: 905 278-4590; Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese</p> | | |
| | | <p>Black Youth Helpline. Call 416-285-9944 Toll Free 1-833-294-8550 info@blackyouth.ca Everyday 9 am - 10 pm</p> | <p>Gerstein Centre: 416 929-5200</p> | | |
| | | <p>What's Up Walk-in@ counselling sessions are available by phone & video NEW HOURS Monday - Friday 9AM - 7PM Call Mental Health T.O. at 1-866-585-MHTO (6486) to be connected to a counsellor.</p> | <p>ONTX Ontario Online & Text Crisis Services (2pm to 2am): It is very important that you register first for this service now before you are in a crisis. Information- http://www.dontario.org/PDF/ONTX_information.pdf To use online: http://dcontario.org/ontx.html or Text at 258258</p> | | |
| | | | | <p>Distress Centres of Greater Toronto - (416-408-4357 or text #SAFE) 24/7 support, 365 days a year, for individuals in crisis</p> | |

**The views, information or opinions expressed in the following content are intended for informational purposes only. They are not substitutes for professional medical advice, diagnosis, or treatment. Never ignore professional medical advice in seeking treatment because of something you may have read or heard at this session. If you think you have a medical emergency, call your medical doctor or dial 911.*

04/11/2023

Day's Review

“You may be surprised how easily life unfolds because of practicing this simple exercise each evening.” Inspired by iRest® Level 1 Training

When? *end of each day / before bedtime*

How? ♦ *reflect upon entire day*

- ♦ *interweave Inner Resource of unchanging wellbeing and Being*
- ♦ *invite any “unfinished” events / situations / experiences*
- ♦ *imagine & feel in body, heart & mind, completion of each event / situation / experience*
- ♦ *carry sense of completion, perfection, & wholeness into rest / sleep*

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Foundation Practices of iRest®

- ♦ *Noting*
- ♦ *Welcome Opposites*
- ♦ *Take Perspective (Witness & Witnessed)*
- ♦ *Anthropomorphize*
- ♦ *Pro-Active Engagement*
- ♦ *Awareness*

***Interweave Inner Resource of unchanging wellbeing and Being**

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Pointers / Kanchukas / Messengers

◆ Messenger #1 “I feel contracted and limited”
versus “I feel spacious and whole.”

◆ Messenger #2 “I feel limited by time”
versus “I feel timeless and whole.”

◆ Messenger #3 “I feel that I’m lacking and flawed”
versus “I feel perfect and whole.”

◆ Messenger #4 “I feel confused and disconnected”
versus “I feel connected and whole.”

◆ Messenger #5 “I feel incomplete”
versus “I feel whole.”

Resource: <https://www.irest.org/Newsletter092014PointerstoFreedom>

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04/04/2023

https://www.irest.org/sites/default/files/Intro-iRest-Workbook-7-17-ahft_0.pdf

5. Pro-Active Engagement: Ask it:
 - a. What do you want?
 - b. What do you need?
 - c. What action are you asking me to take?
 - d. Interweave in your Inner Resource

Foundation Practices

Meeting, Greeting, Welcoming and Proactively Engaging Sensations, Emotions, and Cognitions

1. Noting
 - a. Welcome what is arising (sensation, emotion, thought, belief, image, memory)
 - b. Where/how do you experience this in your body?
 - c. Peel off the conceptual label
 - d. Be with it non-verbally, non-conceptually, as sensation
 - e. Note if the emotion has a texture, color, age, etc. that co-arises with it
 - f. Interweave In your Inner Resource of unchanging well-being and Being
2. Welcome Opposites
 - a. If this had an opposite, what might it be, and where/how do you experience this in your body?
 - b. Alternate between opposites (take your time)
 - c. Experience, somatically, both opposites as the same time
 - d. Interweave Inner Resource into each opposite
3. Take perspective
 - a. Be a witness to what's arising
 - b. Interweave in your Inner Resource as you experience yourself as a witness
4. Anthropomorphize What's Arising
 - a. What does this (sensation, emotion, belief) look like if it walked into the room?
 - b. Welcome it in for tea and conversation
 - c. Inquire: "How do I feel about "this..."
"How does "this..." feel about me"
5. Pro-Active Engagement: Ask it:
 - a. What do you want?
 - b. What do you need?
 - c. What action are you asking me to take?
 - d. Interweave in your Inner Resource
6. Awareness
 - a. Allow the witness to dissolve into being witnessing
 - b. Allow witnessing to dissolve into Being
 - c. Allow Being to dissolve into Awareness
 - d. Interweave in your Inner Resource

Remember: Interweave in your Inner Resource at any time along the way, pairing it with every activity, circumstance, action, emotion and thought you have, all day long, every day.

03/28/2023

https://www.irest.org/sites/default/files/Intro-iRest-Workbook-7-17-ahft_0.pdf

4. Anthropomorphize What's Arising
 - a. What does this (sensation, emotion, belief) look like if it walked into the room?
 - b. Welcome it in for tea and conversation
 - c. Inquire: "How do I feel about "this..."
"How does "this..." feel about me"

03/21/2023

https://www.irest.org/sites/default/files/Intro-iRest-Workbook-7-17-ahft_0.pdf

3. Take perspective
 - a. Be a witness to what's arising
 - b. Interweave in your Inner Resource as you experience yourself as a witness

03/07/2023

<https://www.irest.org/irest-10-step-protocol>

The 10 steps of iRest

1) Connect to Your Heartfelt Desire. Bring to mind your heart's deepest desire - something that you want more than anything else in life that instills a sense of value, purpose, and meaning. Consider how does life want to live through you? Perhaps it is a desire for health, compassion, well-being, or awakening. Feel this heartfelt desire with your entire body while imagining and experiencing it in this moment as if it were true.

2) Set an Intention. Reflect on your intention for your practice today. It might be to relax and rest, or to inquire into a particular sensation, emotion, or belief. Or, you may reflect on intentions that will support living your heartfelt desire in everyday life. Whatever your intention, welcome and affirm it with your entire body and mind.

3) Find Your Inner Resource. Bring attention to your Inner Resource, a safe haven within your body where you experience a feeling of security, calm and well-being. How and where do you feel this in the body? If helpful, you may imagine a special place, person, or experience that helps you feel secure, at ease, and a sense of well-being. Feel into your Inner Resource at any time during your practice or in daily life even when you feel overwhelmed by an emotion, thought, or life circumstance and wish to feel secure and at ease.

4) Feel Your Body. Gradually move attention through your body while welcoming the various sensations that arise.

5) Become Aware of Your Breath. Sense the body breathing. Observe the natural flow of air in the nostrils, throat, and rib cage as well as the rise and fall of the abdomen with each breath. Feel each breath as flowing energy coursing throughout your entire body.

6) Welcome Your Emotions. Without judging or trying to change anything, welcome sensations and emotions that are present in your body and mind. Also notice opposite feelings and emotions. Sense both opposites simultaneously. Welcome everything just as it is.

7) Witness Your Thoughts. Notice and welcome thoughts, memories, and images that are present in your mind. Without judging or trying to change them, observe any thought, memory, or images and notice corresponding sensations in your body. Welcome your experience just as it is.

8) Experience Joy. Welcome sensations of joy, well-being, or bliss emanating from your heart or belly and spreading throughout your body and into the space around you. With every exhalation, experience sensations of warmth, joy, and well-being radiating throughout your body.

9) Find Lasting Peace. Set aside thinking and dissolve into Awareness, awake and conscious of the Self.

10) Reflect on Your Practice. As you complete your practice, reflect on the journey you've just taken. Recognize the feeling of peace that is always present. Integrate this into your everyday life, in both pleasant and difficult moments.

02/28/2023

<https://www.irest.org/Newsletter092014PointrestoFreedom>

Being Home *The tools of iRest help you come home to your- self. They teach you how to welcome “what is” in each moment. The practice of welcoming empowers you to experience your natural state of being and wholeness. Trying to fix and change what’s wrong without first experiencing being and wholeness is like rearranging the furniture on the Titanic. You might look and feel better on the surface, but you’ll continue to suffer. Your ship is still going down! Welcoming and experiencing the five special messengers of being help you awaken from your slumber of separation, pain, and confusion. These messengers are here to help you recover and experience your natural state of interconnected wholeness. At first, you may think this approach is too simple. Everyone I’ve worked with says the same thing when they recognize the healing power of being. One veteran said, “It’s so simple. Why didn’t they give us this sooner? I wish I’d gotten this program when I first starting dealing with my PTSD.” Conditioning and habitual ways of living can cloud your ability to recognize being. The practices of iRest are designed to help you gain access to those doorways and overcome your conditioning, habits, and symptoms. These practices support you to remember being in the midst of your daily life, while eating, talking, playing, working, and even sleeping. Being and doing exist at the same time. But conditioning can make your experience of being and wholeness feel nonexistent. When you lose touch with being, you lose touch with other essential aspects of yourself such as love, kindness, compassion, joy, and peace. The practices of iRest enable these aspects to blossom again, along with your underlying wholeness, as natural expressions of your being human. Welcome home.*

02/21/2023



Stephanie Lopez is iRest's Senior Advisor of Philosophy and Learning. A Gestalt psychotherapist, meditation teacher, and yoga therapist, she bridges eastern wisdom with western psychology and neuroscience to support healing and transformation.

Resting in Knowing You Are Enough.
Explore what arises when you rest in the wholeness of Being.

<https://us02web.zoom.us/j/84739601945?pwd=eGF5UjUxZ0l1VEFmb3VYSllrYTZkUT09#success>

The recording of last month's session *Listening and Flowing with a Natural Rhythm* is [here](#).

<https://www.irest.org/Newsletter092014PointestoFreedom>

Forgetting and Remembering

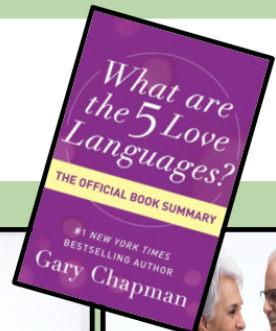
I've shown you how these five special messengers can reveal your basic being and wholeness. Now, allow me to show you how you forget being and wholeness. The following practice demonstrates how your sense of being can get overpowered, causing you to forget your wholeness. The practice also shows you how to maintain your sense of wholeness. Take a moment, now, to enjoy the feeling of just being. Welcome and enjoy the felt-sense of spacious timelessness that's present as you're just being, and the felt-sense of feeling perfect, connected, complete, and whole, and the felt-sense of well-being, harmony, and peace that are present as you're simply being. Now, imagine that you experience a challenging life event. Someone angrily interacts with you. You fall and injure yourself. Or something goes wrong at home, work, or on the street. In this moment you feel contracted and upset. You begin to feel that something's wrong, and lose touch with your inner sense of being and wholeness. Then, suppose that before you're able to recover from this event, life knocks you down again. And, as you're getting up it knocks you down again. Overwhelmed by the intensity of your experience you lose touch with your inner sense of being and wholeness. Your ego gets the message that, "Something's wrong" and translates it to you as, "Something's wrong with me. There's something I need to do or know so I can feel whole again." Imagine that you try all sorts of things to feel better, but you continue to feel contracted and confused. Then the thought comes, "Maybe there's something I need to know." So you start reading books and seeking advice. When this fails, you continue to feel confused and disconnected. Then the thought comes, "Maybe there's something I need to acquire to recover my inner peace." But this fails and you move even farther away from your sense of wholeness. Then the thought appears: "If only I could have more time and space I could figure this all out." When this fails, you feel helpless, lacking, confused, and contracted; that you've run out of time in your ability to heal yourself. As you identify with these feelings, you experience yourself as broken, separate, isolated, confused, and powerless in your failures to experience the well-being that you once knew. You're exhausted from looking everywhere for healing and not finding it anywhere. Then, one day, shattered and weary, you collapse into your chair. Having tried everything, you give up and unexpectedly fall into the experience of simply being. In this moment of being, your judging mind slows down. Your sense of wholeness breaks through, and you experience the felt-sense of being within yourself that is spacious, timeless, perfect, connected, and whole just as it is, just as you really are as your essential wholeness of being. You find yourself "home" again. Resting as being and experiencing your wholeness, you reconnect to your sense of peace and harmony. Now you remember. Resting here, you feel powerful again as your ego lets go of identifying with the thought, "Something's wrong with me." As you remember your felt-sense of being, you take time to rest—as being — feeling your underlying wholeness. With this feeling of wholeness, you know that you can now turn your attention to healing what's wrong from the place within yourself that's perfectly right. So, take a few moments now to fully relax into being. When you feel refreshed, maintain your felt-sense of being and wholeness as you move back into your daily life.

02/14/2023

<https://www.5lovelanguages.com/learn>

5 Love Languages, Gary Chapman

<https://www.5lovelanguages.com/learn>



Words of Affirmation

This language uses words to affirm other people.



Quality Time

This language is all about giving the other person your undivided attention.



Receiving Gifts

For some people, receiving a heartfelt gift is what makes them feel most loved.



Acts of Service

For these people, actions speak louder than words.



Physical Touch

To this person, nothing speaks more deeply than appropriate physical touch.

01/31/2023

<https://www.irest.org/Newsletter092014PointestoFreedom>

Human and Whole

These five messengers are the product of your genetic inheritance over millions of years of bio- engineering. Nature has wired these messengers into your nervous system so that you can experience yourself as a unique individual who is not separate from the wholeness of life. These messengers help you recognize that every sensation, emotion, and thought you experience—every fear, anxiety, anger, hurt, shame, depression, or delight that you feel—is a messenger that can reveal your deepest psychological and spiritual health, harmony, and wholeness. Being and wholeness are basic elements of your being human. Being enables you to discover the wholeness that is your birthright. You discover that, as a human being, you're: • Spacious, even as your need for affirming healthy boundaries continues • Timeless, even as your psychological need for time continues • Perfect, even as your personal desires continue to arise • Connected, even as your need to obtain objective knowledge and social connections continue • Complete, even as your need for doing continues Experiencing your basic being and wholeness doesn't depend on changing yourself. Being is already and always spacious, timeless, perfect, connected, and complete. At your core, you're already and always healthy and whole. Experiencing being throughout the day helps you stay connected to yourself, and to your wholeness. The practice reconnects you to yourself and restores your ability to feel connected to others and the world. Through being, you learn to experience yourself as a unique and separate individual who is also not separate from all of life.

01/24/2023

<https://www.irest.org/Newsletter092014PointerstoFreedom>

Pointers to Freedom

Excerpt from: The iRest for Healing PTSD, Richard Miller. New Harbinger Publications. 2015.

The practices of iRest are designed to help you experience within yourself what's already whole and harmonious. Wholeness is your essential nature. But when you don't recognize your basic wholeness, you feel that something's amiss in your life. When you realize your wholeness, you recognize an indestructible resource that allows you to weather every challenge you'll face in life.

You discover wholeness through experiencing the simple feeling of being, which is a universal felt- sense, or non-verbal inner knowing, that we all experience. Being is a quiet background presence that's always with you but that can go unnoticed until it's directly pointed out. Notice where and how you experience being in your body. Mindfully experience your felt-sense of being as you read the following words that others have used to describe their felt-sense of being.

Five Special Messengers

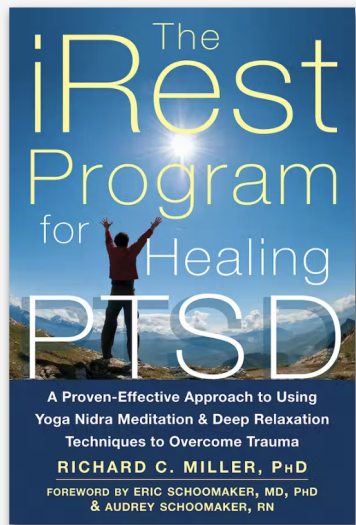
When you forget your felt-sense of being, you can easily lose touch with your non-separate wholeness. Fortunately, when you lose touch with being, five special messengers surface to help you recover your wholeness. These are natural processes within your body and mind that include your gut feelings, emotions, thoughts, and mental images. Each messenger can arise in either a negative or positive form to guide you back to experiencing your essential wholeness.

Messenger #5 “I feel incomplete” versus “I feel whole.” When you forget being, you believe there's something you need to do in order to feel complete and whole again. The solution is to ask yourself: “Who am I when I'm simply being?” Then experience your basic feeling of being that reveals your complete wholeness. When you're just being, is there anything you need to do that by doing it would make you any more complete than you already are as being? Who are you when you're simply being? After hearing these questions, most people understand that they don't need to do anything special to be. They know that they can be at any time, anywhere. And they feel how being is a powerful source of well-being. Can you feel how being doesn't need any particular doing to be what and how it is? It's complete and whole just as it is. With all sincerity, a woman in a shelter said, “This practice with the five messengers has showed me my real home. Now I can deal with my homelessness.” So another description of yourself as being is that it's your true home. As being: You're an undeniable presence that's complete and whole just as you are. You need to do nothing in order to be your complete wholeness.

01/17/2023

<https://www.irest.org/Newsletter092014PointrestoFreedom>

<https://www.newharbinger.com/9781626250260/the-irest-program-for-healing-ptsd/>



The iRest Program for Healing PTSD

A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma

by [Richard C. Miller](#)

Foreword by [Eric Schoomaker](#) and [Audrey Schoomaker](#)

Published by: **New Harbinger Publications**

Imprint: **New Harbinger Publications**

If you suffer from post-traumatic stress disorder (PTSD), you know how debilitating the symptoms can be. Many times, people with PTSD will suffer flashbacks, have intense nightmares and difficulty sleeping, and may feel angry, anxious, and constantly “on alert.” Living with PTSD is extremely difficult, but there *are* ways that you can manage your symptoms and, in time, recover.

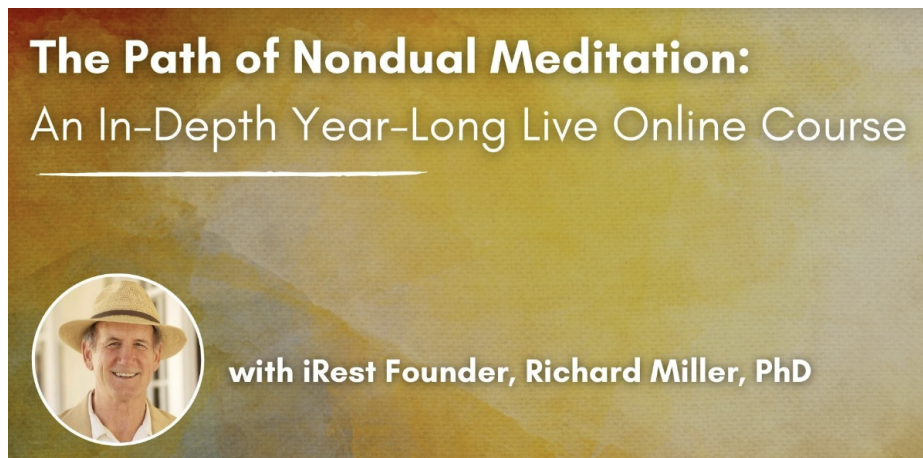
In *The iRest Program for Healing PTSD*, clinical psychologist and yogic scholar Richard C. Miller-named one of the top twenty-five yoga teachers by *Yoga Journal*-offers an innovative and proven-effective ten-step yoga program for treating post-traumatic stress disorder (PTSD). The deep relaxation meditations in this book will help you overcome the common symptoms of PTSD, such as anxiety, insomnia, and depression, and maintain emotional stability so that you can return to living a full, meaningful life.

The author's iRest protocol is an integrative approach that heals the various unresolved issues, traumas, and wounds that are present in the body and mind. It recognizes the underlying sense of calm that is always present, even amidst all changing circumstances of life. Extensive

research has shown that iRest effectively supports the healing process across a broad range of populations. Currently, there are iRest programs in military hospitals across the US, as well as in correctional facilities, hospices, clinics, schools, and organizations supporting personal growth and well-being. iRest has been endorsed by the US Army Surgeon General and Defense Centers of Excellence as a complementary and alternative medicine (CAM).

If you are ready to start healing from your trauma and get back to living the life you once knew—a life free from fear, anxiety, and sleepless nights—this book will help you find your way. To find out more about Richard C. Miller and the iRest program, visit www.irest.us.

<https://www.irest.org/event/2023-jan-dec-irest-path-nondual-meditation-course-richard-miller>



**NOTE: Session 1 took place on January 3, 2023. You will be able to watch the recorded session after you register.*

Experience Nondual Heart-Centered Awareness-Based Meditation

The experience of daily life is challenging and always changing. Having a regular practice that unfolds a deep understanding of your true nature makes it possible to transcend the limiting, and often painful, conditioning of your thoughts and emotions.

Nondual meditation reveals that inner peace, profound clarity, and a sense of constant wellbeing and joy are all innate. They lie within, ready to be recognized, nurtured, and made a consistent part of your daily life experience.

The path of nondual meditation has been practiced for thousands of years as an effective way to awaken to these intrinsic qualities. This path enables you to self-regulate your emotional and mental activity, cultivate resilience, and access inner wisdom and insightful decision-making. It's how you release the personal and let go into freedom, spiritual awareness, and awakening. This path of self liberation has served millions of people, and it's available to *you* too.

iRest founder, Richard Miller, is one of the most important contemporary teachers of nondual wisdom. His year-long, 16-module program teaches you how to begin, develop, and maintain a meditation practice.

In joining him, you'll learn in-depth theory and practices for shifting from being highly reactive and struggling against life to being responsive, receptive, centered, relaxed, loving, wise, and awake.

This course is designed to support you in transforming your life from the inside out. It makes everything you need to liberate yourself easily available. It's possible to break free from the daily tyranny of your inner voice and past conditioning. These are what foster separation and suffering in your life.

Now you can personally realize, integrate, and embody the underlying reality of your Essential Nature so you may live in harmony, connected to yourself and the world around you during all circumstances of daily life.

12/06/2022

iRest Pointers to Freedom

Excerpt from: The iRest for Healing PTSD, Richard Miller. New Harbinger Publications. 2015.

The practices of iRest are designed to help you experience within yourself what's already whole and harmonious. Wholeness is your essential nature. But when you don't recognize your basic wholeness, you feel that something's amiss in your life. When you realize your wholeness, you recognize an indestructible resource that allows you to weather every challenge you'll face in life.

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Five Special Messengers

When you forget your felt-sense of being, you can easily lose touch with your non-separate wholeness. Fortunately, when you lose touch with being, five special messengers surface to help you recover your wholeness. These are natural processes within your body and mind that include your gut feelings, emotions, thoughts, and mental images. Each messenger can arise in either a negative or positive form to guide you back to experiencing your essential wholeness.

***Messenger #4 “I feel confused and disconnected” versus “I feel connected and whole.”** When you forget being, you feel confused and disconnected. You believe there's something you must understand in order to feel whole again. The solution is to ask yourself: “What am I when I'm simply being?” Then experience your basic feeling of being that reveals your connected wholeness. When you're just being, is there anything you need to know that would make you any more connected than you already are as being? What are you when you're simply being? One person replied, “I don't need to know anything to know being. I've known this feeling all my life. I'd just forgotten it in the midst of my pain.” Whenever I open up a great book, whether it's the Bible, Koran, Bhagavad Gita, or Jonathan Livingston Seagull, the message is the same: “Just be, and know who and what you truly are.” You don't need extra knowledge to recognize being. In fact, seeking knowledge takes you away from being. So another description of yourself as being is that: You're an undeniable presence and complete wholeness, just as you are.*

<https://shaktiwellnessyoga.wordpress.com/2014/01/20/what-is-your-hearts-desire-sankalpa-and-vikalpa/>

What is your heart's desire....Sankalpa and Vikalpa

Shakti Wellness / January 20, 2014

Vikalpa – is the opposite of sankalpa. *Vi*: separate or division. *Kalpa*: way of being. Sometimes, we unknowingly 'sabotage' ourselves as a result of vikalpa. This often is a yet unrecognized underlying belief. For example, if I believe that I'm not deserving, then, when I felt my knee complain, I may have decided to ignore it and continue to push through it instead of investigating it. Over time, my knee may have gotten worse and that pain may eventually have led me to realize that there was an undermining vikalpa "I'm not deserving". This may alert me to the need to align my sankalpa in that direction "I am valuable, deserving, worthy", etc, whatever word speaks to you here.

Meditation is a great way to both develop sankalpa and uncover and transform vikalpa. And IREST (Integrative Restoration Yoga Nidra) is one of the easiest ways to employ both. IREST is an evidenced-based transformative practice that leads to psychological, physical and spiritual healing and well-being. IREST provides you with tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and provide you with greater mastery and control in your life

11/29/2022

<https://www.mindbodygreen.com/articles/369-manifestation-method>

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SPIRITUALITY 

The 369 Manifestation Method Is Super Popular — But Does It Work?



mbg Spirituality & Relationships Writer
By Sarah Regan 

What is the 369 method?

The 369 method involves writing down what you'd like to manifest three times in the morning, six times during the day, and nine times in the evening.

The significance of the numbers.

Zalucky explains that the 369 method couples [numerology](#), and the law of attraction. Here's the significance of every number in the sequence:

- 3 represents our connection to source or the universe, and our creative self-expression
- 6 represents our inner strength and harmony
- 9 represents our inner rebirth (as in letting go of what no longer serves us and changing into who we are becoming)

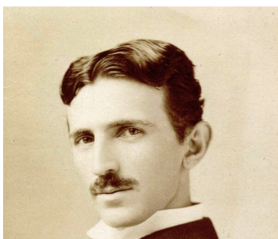
<https://allthatsinteresting.com/nikola-tesla-3-6-9>

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Members

Nikola Tesla's fascination with the "magnificence" of the numbers 3, 6, and 9 continues to inspire those who believe the numbers will help them "manifest" their desires.



11/22/2022

<https://www.nytimes.com/2015/01/09/style/no-37-big-wedding-or-small.html>

The New York Times

MODERN LOVE

The 36 Questions That Lead to Love

 Give this article



By Daniel Jones

Jan. 9, 2015

Set I

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a “perfect” day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?

<https://journals.sagepub.com/doi/pdf/10.1177/0146167297234003>

The Experimental Generation of Interpersonal Closeness: A Procedure and Some Preliminary Findings

Arthur Aron

State University of New York at Stony Brook

Edward Melinat

California Graduate School of Family Psychology

Elaine N. Aron

State University of New York at Stony Brook

Robert Darrin Vallone

University of California, Santa Cruz

Renee J. Bator

Arizona State University

<https://www.jenbyogi.com/offerings>



iRest® Personalized Co-Meditation Dyad

Settle into a co-meditation dyad for self discovery allowing what you are personally experiencing in that moment to lead the way. While being supported skillfully and unconditionally, be empowered to welcome any sensations / emotions / thoughts that may arise. Integrate new understanding into your everyday life.

<https://www.irest.org/event/2022-october-irest-co-meditation-dyad-workshop-stephanie-lopez>

Free Webinar



- Examine and clarify your true role as a facilitator
- Explore fundamental guiding principles that inform this practice and clarify what is necessary to include when facilitating an iRest Co-Meditation Dyad
- Learn when and how to best use tools like opposites and stepping back to effectively support personal meditative inquiry
- Identify and liberate limiting beliefs that may be holding you back in your dyad facilitation and consciously navigate common challenges
- Strengthen your repertoire for supporting new students and orienting them to dyadic meditation.
- Explore ways to integrate dyads in personal and professional settings

11/15/2022

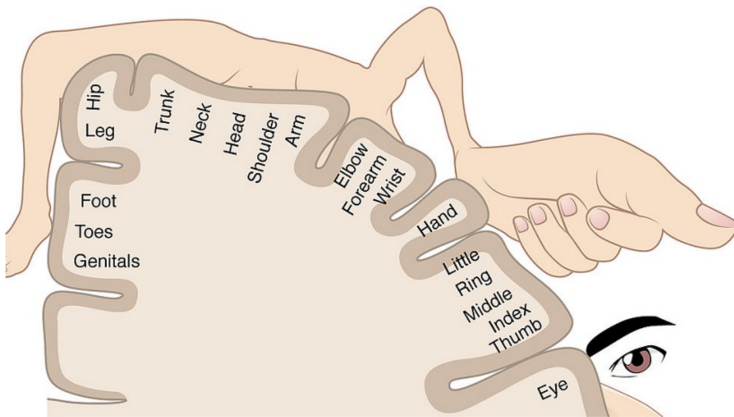
<https://www.snexplores.org/article/scientists-say-cortical-homunculus>

ScienceNewsExplores

SCIENTISTS SAY // BRAIN

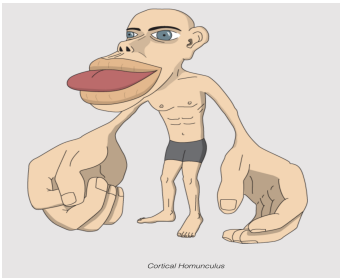
Scientists Say: Cortical homunculus

Your body parts are mapped on to your brain



This homunculus shows the parts of the body next to the areas of the brain that process their sense of touch. The parts that are large use a lot of brain area.

<https://brainmapper.org/>



11/08/2022

<https://www.mindful.org/a-guided-loving-kindness-meditation-with-sharon-salzberg/>

A Guided Loving-Kindness Meditation with Sharon Salzberg

Sharon Salzberg guides us through a 20-minute practice for connection and awareness.

BY SHARON SALZBERG | MAY 14, 2020 | GUIDED MEDITATION

A Loving-Kindness Meditation for Connection

1. **Sit comfortably, or lie down if that's better for you.** You can close your eyes or leave them open. Let your attention settle into your body and start by taking a few deep breaths.
2. **Allow your breath to be natural.** We're choosing, as an object of awareness, the silent repetition of certain phrases with ourselves as the first recipient. You can use any variation of the phrases: *may I be safe, be happy, be healthy, live with ease.*

Repeat these phrases over and over with enough space and silence to create a rhythm that's pleasing to you.

3. **You don't have to force a special feeling.** Just gather all of your attention behind one phrase at a time. If you find your attention wandering, or you get lost in thought, or you fall asleep, don't worry about it.
4. **See if you can bring to mind someone who we will call a benefactor.** Think of someone who has helped you. Maybe they've helped you directly, or they've helped you get up when you've fallen, or maybe you've never met them. This is someone who makes you smile.

If someone comes to mind, you can bring them here. Visualize them, say their name to yourself, get a feeling for their presence and offer the phrases of loving-kindness to them. Even if the words seem imperfect, that's fine.

May you be safe, be happy, be healthy, live with ease.

5. Now, have that benefactor figure offer loving-kindness back to you. Put yourself in the position of the recipient as your benefactor offers the phrases to you.

May you be safe, be happy, be healthy, live with ease.

All kinds of emotions may arise. You may feel grateful, or you may feel embarrassed. Whatever may come up, see if it can just wash through you as you steady your attention on the repetition of the phrases.

6. Imagine a friend who's doing well right now. You can bring them here. Visualize them or say their name to yourself. Get a feeling for their presence and offer the phrases of loving-kindness to them.

7. Now imagine a friend who's having difficulty. If someone comes to mind, bring them here and offer the phrases of loving-kindness to them.

8. Let's have a party. Imagine a gathering of friends and family—anyone that comes to mind. Offer loving-kindness to that collective.

May you be safe, be happy, be healthy, live with ease.

9. Then, add all beings everywhere. All people. All creatures. All those in existence. Near and far. Known and unknown.

May all beings be safe, be happy, be healthy, live with ease.

10. When you feel ready, you can open your eyes.

11/01/2022

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5556586/#:~:text=Mindful%20eating%20\(i.e.%2C%20paying%20attention,carbohydrates%2C%20fat%2C%20or%20protein](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5556586/#:~:text=Mindful%20eating%20(i.e.%2C%20paying%20attention,carbohydrates%2C%20fat%2C%20or%20protein)



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[Diabetes Spectr.](#) 2017 Aug; 30(3): 171–174.

doi: [10.2337/ds17-0015](https://doi.org/10.2337/ds17-0015)

PMCID: PMC5556586

PMID: [28848310](https://pubmed.ncbi.nlm.nih.gov/28848310/)

Mindful Eating: The Art of Presence While You Eat

[Joseph B. Nelson](#)[✉]

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Practicing Mindful Eating

[Go to: ▶](#)

One of the most powerful meditation experiences I ever had was eating a raisin under the guidance of Kabat-Zinn (1). Here is the raisin-eating experience as I recall it. I invite you to do this while you read or to read about it first and then have your own experience without the distraction of reading. Try this regardless of whether you like raisins.

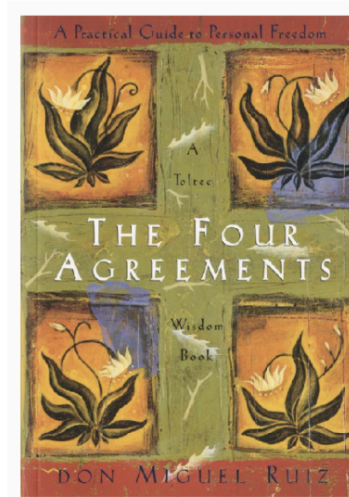
1. Get a raisin and set it down in front of you. STOP; do not throw a handful of raisins into your mouth. (OK, so there is a rule, but there is a good reason, which you will understand soon.)
2. Imagine you have just been dropped off on this planet, and you know nothing about where you are. You have never experienced anything from Earth. With no experience, there are no judgments, fears, or expectations. It is all new to you. Take a few deep breaths and relax.
3. Look at the raisin and pick it up.
4. Feel its weight.
5. Examine its surface—the various ridges, shiny parts, dull parts; really look for the first time at this strange object.
6. Smell this object and notice how you react.
7. Roll the raisin between your fingers and listen to hear what sound it makes. Notice its stickiness.
8. Notice what you are feeling about this object.
9. Place the raisin between your lips and just hold it there for a few moments. What do you notice happens inside you?
10. Let it roll back into your mouth, but do not chew yet, just roll it around. Is there a taste? Do you salivate? What do you want to do?
11. OK, bite down, just once. What do you notice?
12. Slowly begin to chew, noticing what each bite brings.
13. Chew the raisin until it is completely liquefied before you swallow.
14. After swallowing, close your eyes for a few moments to notice the consequence of what you just experienced.

10/18/2022

<https://www.miguelruiz.com/the-four-agreements>

The Four Agreements are:

1. Be Impeccable With Your Word.
2. Don't Take Anything Personally.
3. Don't Make Assumptions.
4. Always Do Your Best.



<https://www.irest.org/Newsletter092014PointerstoFreedom>

Messenger #3 *“I feel that I’m lacking and flawed” versus “I feel perfect and whole.”* When you forget being, you believe you’re lacking and need to acquire something in order to feel whole again. The solution is to ask yourself: “How am I when I’m simply being?” Then experience your basic feeling of being that reveals your perfect wholeness. When you’re just being, is there anything that you need, that will make you any better or more perfect than you already are, as being? How are you when you’re simply being? People everywhere respond similarly to this question. They report that when they’re absorbed in being, they don’t feel that they (as being) are lacking or flawed. They feel perfect just as they are as being. When you’re simply being can you feel the perfection of being, just as it is, just as you are? Can you feel how trying to acquire something can take you away from the feeling of being? So, another description of yourself as being is that: You’re beyond need and beyond feeling either flawed or lacking. You’re perfect wholeness just as you are.

10/11/2022

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iRest Pointers to Freedom

Excerpt from: The iRest for Healing PTSD, Richard Miller. New Harbinger Publications. 2015.

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***Messenger #3 “I feel that I’m lacking and flawed” versus “I feel perfect and whole.”** When you forget being, you believe you’re lacking and need to acquire something in order to feel whole again. The solution is to ask yourself: “How am I when I’m simply being?” Then experience your basic feeling of being that reveals your perfect wholeness. When you’re just being, is there anything that you need, that will make you any better or more perfect than you already are, as being? How are you when you’re simply being? People everywhere respond similarly to this question. They report that when they’re absorbed in being, they don’t feel that they (as being) are lacking or flawed. They feel perfect just as they are as being. When you’re simply being can you feel the perfection of being, just as it is, just as you are? Can you feel how trying to acquire something can take you away from the feeling of being? So, another description of yourself as being is that: You’re beyond need and beyond feeling either flawed or lacking. You’re perfect wholeness just as you are.*

10/04/2022

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Messenger #2 “I feel limited by time” versus “I feel timeless and whole.” *When you forget being, you believe you need more time in order to feel whole again. The solution is to ask yourself: “When am I when I’m simply being?” Then experience your basic feeling of being that reveals your timeless wholeness. When you’re simply being what’s your relationship to time? When are you when you’re simply being? A man in the same class answered these questions with, “Time? Who cares?”*

Isn't it interesting how, when you're experiencing being, thinking settles down, self-consciousness disappears, and with it your sense of time ceases? Time is irrelevant when you're just being. When you're being, you're outside of past, present, and future, which are concepts that are dependent on thinking. As you settle into being, thinking and time slow down and may even stop. So, another description of yourself as being is that: You're an undeniable presence that's timeless and whole.

09/20/2022

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Our Mission

We are a passionate group of teachers, coaches, artists, school principals, and mental health clinicians who share a common goal of creating a safer, stronger, and more supportive classroom experience for both teachers and students.

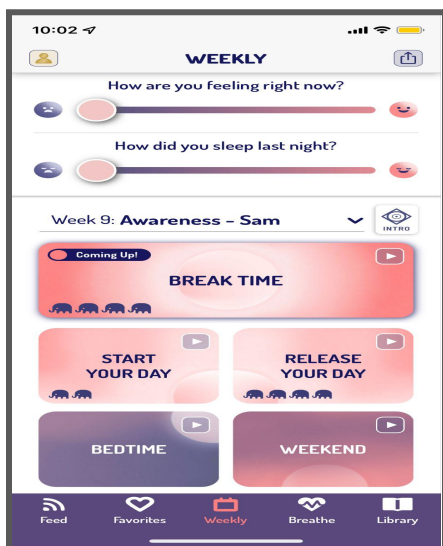
Our mission is to support teachers in their own social and emotional growth so that they, in turn, can help their students and school communities.

We believe it is of paramount importance to support the classroom teacher in this endeavor.

Our principal objective is to bring compassion, self-love, reflection, and in-depth discussions of well-being back into the classroom. We know from our years of research, including teacher surveys and interviews, that teachers want this and are capable of it.



Our solution is to provide an app that will help teachers connect to their innate inner wisdom and strengths. We believe this will fortify their well-being and, therefore, their confidence in supporting not only students but also school communities in SEL (Social and Emotional Learning). Our dream is to help create an education system where teachers, students, and parents can begin to have open conversations around well-being and life choices alongside Math, Science, and English.



<https://www.yogajournal.com/yoga-101/chakras-yoga-for-beginners/intro-heart-chakra-anahata/>

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Everything You Need to Know About the Heart Chakra

Discover the physical and mental signs of blocked energy in the fourth chakra— and how to clear it.

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Messenger #1 “I feel contracted and limited” versus “I feel spacious and whole.” When you forget being, you believe you need more space in order to feel whole again. The solution is to ask yourself: “Where am I when I’m simply being?” Then, experience your basic feeling of being that reveals your spacious wholeness. When you’re simply being, how would you describe your felt-sense of location? Where are you when you’re simply being? When I posed these questions during a class, one woman responded, “As being, I feel myself as an indescribable presence that’s everywhere and nowhere in particular.” You can’t deny the feeling of being. But being doesn’t have a distinct location with a defined center or boundary. It’s a boundless field of presence. It’s everywhere and nowhere specific. So, one description of being is that: You’re an undeniable presence that’s spacious, unlimited, and whole.

DRAFT

<https://www.yogajournal.com/yoga-101/chakras-yoga-for-beginners/intro-root-chakra-muladhara/>

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Everything You Need to Know About the Root Chakra

Discover the physical and mental signs of blocked energy in the muladhara and how you may benefit from aligning it.

AUGUST 11, 2021

STEPHANIE SNYDER, YJ EDITORS

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MUDRAS

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Marina Abramovic: The Artist Is Once Again Present