



# iREST MEDITATION

Reconnect  
Reclaim  
Renew

*True healing begins when we experience unchanging resiliency within ourselves, whether we're "here or there" – Richard Miller*

**S**tress is like an iceberg. We see 1/8th of it above the surface, but what about what's below? **What do we experience?** Fatigue? Insomnia? Digestive Issues? **What do others see?** Overspending? Overindulging? Escaping? **What's below the surface?** Anger? Anxiety? Pain? Disconnection?

Our minds and bodies under constant attack from stress hormones, wreaking havoc on our health, and consuming energy just managing life and meeting expectations. Operating in survival mode, we can develop unhealthy ways of coping.

**iRest Meditation** can help you become more at ease being "Here" .....Now.

### Experience iRest with free download

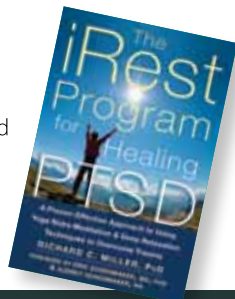
[http://www.irest.us/Practice38\\_20min\\_iRest.mp3](http://www.irest.us/Practice38_20min_iRest.mp3)

### Get this book...

A wise, clear, and beautifully-written description of a unique program that both heals the symptoms of PTSD, and restores your ability to live a happy, peaceful, and meaningful life.

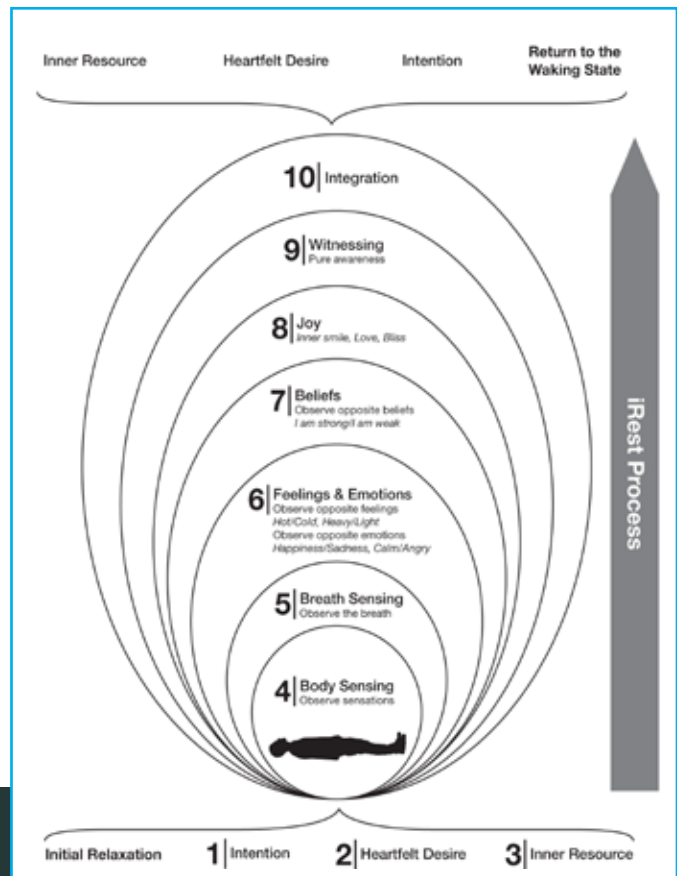
### Find a teacher...

<https://www.irest.us/teachers>



### iRest Meditation

We observe, welcome and engage the changing movements of consciousness: the sensation, breath, energy, feelings, emotions, thoughts, joy, being and awareness. As we welcome everything that is changing, we connect with what is unchanging, deep within ourselves: a spacious sense of balance, an enduring resiliency.



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IRI is a 501(c)(3) educational non-profit dedicated to helping people resolve their suffering and experience deep healing and peace.