



**Leigh Blashki: Welcoming Yourself Fully with iRest Meditation**



Leigh is supervisor, mentor and Associate Director of the iRest Institute in Australasia and has spent over 50 years in the field. Enjoy a practical exploration of iRest meditation through a deep welcoming mindfulness meditation exercise.

**TOP EMBODIMENT TIP:** Welcome every aspect of yourself in every moment.

**iRest Meditation: What is involved in iRest meditation**

- iRest and Yoga Nidra accept that everything exists as part of the unconditional universal consciousness - presented as different forms but all are the same - we tap into a sense of non-separation.
- There is a misconception that the purpose of meditation is to change something about ourselves. In iRest we are accepting what is, not trying to change it.
- As Carl Rogers observed the paradox that when I accept and welcome myself just as I am then I can change, or I am already changed.

**Deep Welcoming: An important aspect of iRest meditation**

- It is easy to welcome the good parts of ourselves but harder to welcome the parts we don't like.
- In radically deep welcoming meditation we welcome the higher-aspect self, and all the parts, personality, and narrative of who we believe we are, as all are one self-connected to the unconditional universal consciousness.
- To rest back into that state of pure being consciousness that we really are, we need to accept all the good and bad in ourselves, others, and everything.

**The Deep Welcoming Meditation Process: Some guidance on this practice.**

- This meditation process is not state specific - we allow ourselves to do it in any position and in any situation in life.
- The key is to welcome things as they are and not try to achieve a result.
- At points in the meditation process, shift your position so you don't become locked.
- The purpose of this process is so the meditation can weave into life, and vice versa.

**How to Manage Difficult Emotions that Arise: Focus on the sensations in the body.**

- When faced with difficult emotions and thoughts, focus on the sensations in the body. Then, notice where there is any softness in the body and connect the two places, so the feeling and story become disidentified.

**Resources**

- ❖ **Courses:** see website
- ❖ **Website:** [www.irest.org/users/leighbashki](http://www.irest.org/users/leighbashki)
- ❖ **References:** David Miller

## Leigh Blashki





## All Meditation & Breathwork Presentations are Proudly Sponsored by

Philip Shepherd, TEPP [The Embodied Present Process](#)



**Philip Shepherd** is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

**The Embodied Present Process** is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

the  
**embodied  
present**  
process