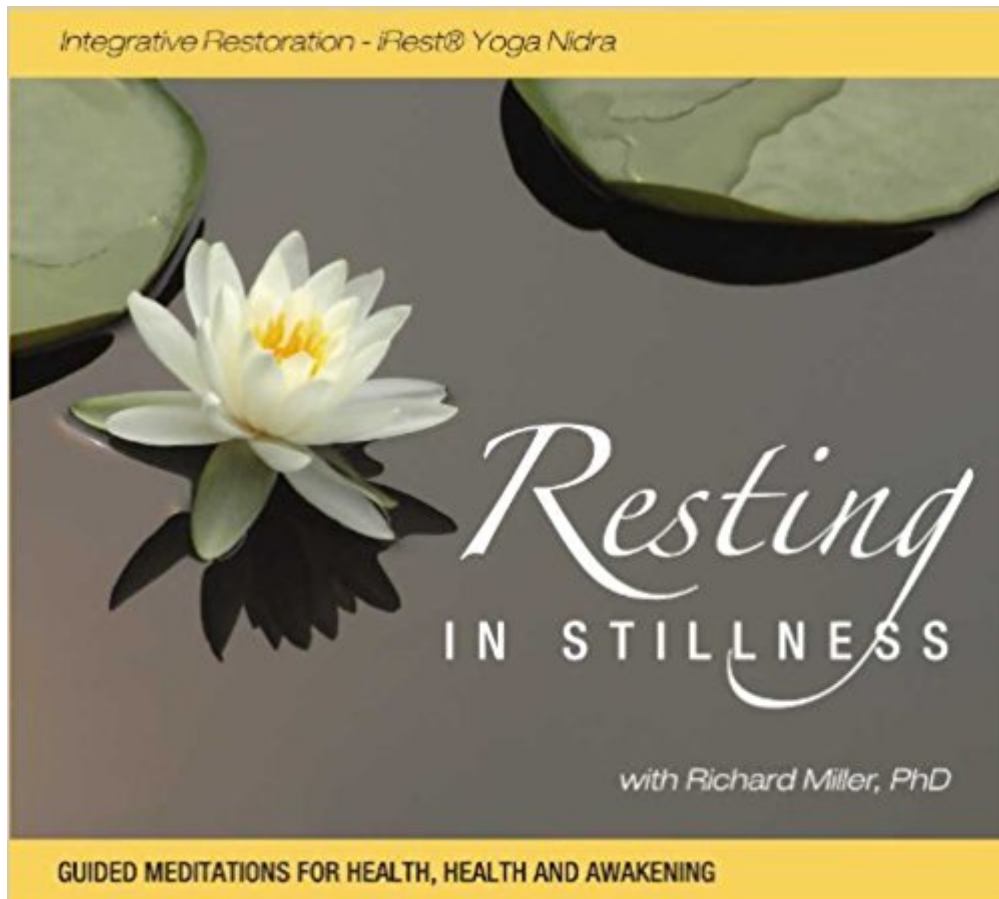




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Resting In Stillness: Integrative Restoration - IRest Yoga Nidra



Synopsis

In *Resting in Stillness: Integrative Restoration iRest Yoga Nidra*, Richard presents the actual practice of iRest Yoga Nidra Meditation in two formats; as a 35-minute extended meditation and as a 20-minute short form of iRest. Richard's soothing voice guides you through the 10-step process of iRest Yoga Nidra, which is currently being used in military settings to help soldiers and veterans heal through their PTSD, insomnia and chronic pain, as well as with the homeless, children, college students, people in substance abuse recovery, as well as students of yoga interested in the path of meditation and awakening to true nature.

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Customer Reviews

Richard Miller, PhD, author of *Yoga Nidra: The Meditative Heart of Yoga and Integrative Restoration iRest 6-CD Set*, is a contemporary spiritual teacher of nondualism. He is the founding president of the Integrative Restoration Institute and the Center of Timeless Being, co-founder and co-president of the Institute for Spirituality and Psychology, and co-founder of The International Association of Yoga Therapy. Richard is a consultant on research projects studying the healing impact of the Yoga Nidra meditation protocol that he has developed (Integrative Restoration iRest) with such diverse populations as US soldiers experiencing post-traumatic stress disorder, the homeless and people with chronic pain. In addition to his research and writing projects, Richard leads retreats and trainings throughout North America with a focus on enlightened living in daily life.

I purchased this item for my husband, a retired physician, who is training to become an iREST

facilitator. After meeting Dr. Richard Miller in person and attending other sessions with him, we have been amazed at his years of dedication to this field of therapy. I have a doctorate in neuroscience; so, I see the accuracy of his evidence-based techniques and the results have been acclaimed. Many of his published articles and work with hospitals and universities are vital for today's society. My husband plans to work with military vets and those with chronic pain. His also has ideas from iREST to assist end of life patients. We look forward to Dr. Miller's continuation of meaningful meditative practices as he develops a program for school children in the near future.

My husband and I both listen to this when we get home from work to relax. There are 3 Tracks on this CD: Track# 1 is an Introduction to iRest that is 7 minutes long. Track# 2 is called "Short iRest practice" and it's 20 minutes long. Track# 3 is called "Extended iRest Practice" and it's 33 minutes long. We both like the extended version and it is very relaxing, although the Short iRest practice is great if you want to relax before going somewhere and just don't have longer than 20 minutes to spare. I find listening to this CD relaxes me while I am listening to it and the benefits are ongoing. As I go through my day, I find myself noticing things that used to bother me, irritate me or cause me mild anxiety and they just don't upset me anymore. I recommend this to anyone who wants to relax and/or is feeling anxious.

This CD is not by some amateur, Dr. Miller has done a lot of work using Yoga Nidra to help people suffering with Post Traumatic Stress Disorder. He has a shorter practice (20 minutes) and a longer practice (33 minutes) to suit your needs. I listened to this CD and fell into a deep, restful sleep! It has really helped me to relax my body and clear my mind before sleeping.

This is fairly good, but I wish it would not move so quickly into the second version. If I listen to the shorter first version, I need to quickly shut off my player or it will begin the second version.

Anyone with this much knowledge and skill could be making big \$\$ in the self-help world but instead Dr. Miller has chosen to help vets, the homeless, the sick, and others who most need support - and are all too often forgotten. That basic goodness carries through in his steady, kind voice, which in-and-of-itself is healing. Add to that a great deal of teaching practice over many years, and you have a CD that is a wonderful balance between information and effective guidance. One suggestion: as Dr. Miller himself states on the CD, don't hesitate to pause the CD to give yourself time to work with your own inner reality. If you need more information on how to work with this

excellent material, I'd suggest Dr. Miller's book on using iRest (Integrative Restoration) for healing PTSD - which will add great clarity on what is being accomplished during this process and why. The book is applicable not only to PTSD, but any trauma or unwanted pattern that you need to heal.

Best purchase I've ever made, my doctor recommended meditation as a way to let stress go at the beginning and end of the day. I wasn't to sure! But have fallen in love with this CD Richard Miller is wonderful!

I love this CD so much, I've been giving it away to anyone who tells me they have a problem. Trouble sleeping, anxiety, uncertainty about the future, depression, etc. Whether you fall asleep while listening or not, it will help.

I love the iRest meditation practice. Very easy to follow the guided meditation, and Richard has a very soothing voice. Highly recommended if relaxation and stress relief is your goal. It helps put me to sleep at night too.

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