



CTB iRest Mentoring FAQ

When our body is injured or sick we visit our physician, massage therapist, chiropractor or physiotherapist for assistance. But what do we do when our heart aches, or when we experience a persistent sense of emotional dis-ease or discomfort? While friends and family can be sources of support, often those close to us come with their own agendas, judgments or ideas about what we should do, or what might help.

We don't have to walk our path alone, nor do we need to interface with the judgments or agendas of others. There are those among us who are trained in non-judgmental active listening, which can help us find the true response to our emotional heartaches and dis-eases.

iRest is a meditative process of self inquiry that invites us to inquire into ourselves in a welcoming, non-judgmental and authentic manner. It helps us locate and respond in ways that feel 'right' to each situation we face. When we need the help of an advisor there can be tremendous benefit to working with someone who embrace and has been trained in the practice of iRest, and "speaks a language that we can hear, and in which we can be heard."

The Center of Timeless Being (CTB) wishes to support everyone in their life's journey and continuing growth towards comprehensive self-understanding, and even enlightenment—Awakening to true nature. CTB has a group of senior teachers who are available to work in a mentoring or advisory role with people who desire such a relationship. Meetings with Mentors usually take place by phone, although in some areas it may be possible to set up in-person meetings. Individual Mentoring may be beneficial in many ways.

iRest Mentoring for Individuals

Daily life, the practice of iRest, meditative inquiry and studying the nondual teachings and/or other spiritual traditions invites deeply cherished negative beliefs, emotions, or conditioning to the surface of consciousness, which can be unsettling, confusing or difficult to understand and respond to. Reaching out to a mentor within a supportive community such as CTB can be extremely helpful in moving through such conditions. An iRest Mentor can act as a safe container within which we feel held and supported as we find our way through our thoughts and emotions to clarity, insight and responsive action. An iRest Mentor has no personal agenda, yet possesses the training and experience to support your unfolding into your own unique process.

iRest Mentoring for Teachers-in-Training

CTB Mentors have extensive training and experience in teaching classes to groups and working with individuals. iRest Mentors can provide guidance to help iRest teachers-in-training plan a single-class or multiple-week sessions of iRest classes. A Mentor is someone to whom a teacher-in-training or student can bring specific questions that arise while teaching or practicing iRest. A Mentor can give direction regarding bringing iRest to a specific population or individual. And an iRest Mentor can offer support, assurance and guidance as one walks the path of life, teaching or meditation.

How do I know I need a Mentor?

If you are feeling stuck, overwhelmed, confused or uncomfortable with something that is coming up in your life, meeting with a Mentor may be helpful to bring clarity to your internal or external situation.

We don't need to do the work of iRest alone

Whether you are just learning iRest, are a long-time practitioner, preparing your first delivery of iRest as a teacher-in-training, taking your teaching to a new level with a specific population or individual, or if you are having difficulty answering questions that come up in your personal practice, meditation, or classes and/or private sessions, a CTB iRest Mentor may be able to provide the guidance and answers that you are looking for.

Meeting with a Mentor may also satisfy your need to connect with someone who has a passion for and embraces these precious nondual teachings as you do.

How do I find a Mentor?

Individual Mentoring sessions are set up by contacting the CTB Director of Certification (kirsten@nondual.com) who will help you choose the right Mentor with whom to work.

What does it cost to work with a Mentor?

Mentoring is available at the cost of US\$100 per hour of meeting time.

Why so much?

CTB values the many years of study, experience and commitment that iRest Mentors have made to these teachings. CTB is committed to paying Mentors a living wage that reflects the investment that they have made to their education. Mentoring fees also ensure that CTB will be able to continue to offer the services of experienced, capable and professional Mentors.

How do I make payment to a Mentor?

Payment is made directly to the Mentor in advance of the phone meeting by check or through PayPal.

Can I choose the Mentor that I want to work with?

You will be given a choice from a list of available Mentors at the time of your request. If you need help choosing a Mentor, CTB will recommend a suitable Mentor based on your needs.

Do I need to always work with the same Mentor?

You can work with one Mentor, or several. There is no need to stay with one Mentor, although there may be benefits to a continued relationship.

What if my usual Mentor isn't available when I want to work with them?

CTB will give you a list of available Mentors, and you are free to contact anyone from this list. If you anticipate regular, on-going meetings with a Mentor, you are encouraged to discuss the Mentor's availability to meet this need. CTB Mentors are aware of the responsibility of their role and are willing to discuss their availability in order to best meet your needs.

Will my conversations with a Mentor be kept private?

CTB Mentors maintain an agreement of complete confidentiality and will not disclose the contents of the Mentoring sessions without the consent of the person they are working with.

How is Mentoring different from the Supervision role involved in iRest Certification?

The Certification Supervisor's role is to review and provide feedback on Certification assignments and teaching skills for students who are involved in becoming an iRest Certified Teacher[®]. The four hours of direct meeting time between the student of Certification and their Supervisor are allotted to addressing questions and issues that arise directly from the Certification process. The Supervisor's role in the Certification process is ultimately to recommend the student either for Teacher Certification, or for further studies towards Certification.

If the student is looking for assistance with a personal issue, or additional coaching time outside of the Certification process, they are welcome to book additional Mentoring sessions at the regular Mentoring fee. The student may chose to work with their Certification Supervisor for this additional Mentoring, or they may wish to work with another Mentor of their choosing.