

A Meditation for the Tired & Weary

The R.E.S.T Practice

1. Find a comfortable posture of your choice. This could be a sitting posture, standing, or lying down.
2. If you choose to keep your eyes open, let your gaze rest, lowered on a point in front of you. If you choose to keep your eyes closed, rest your eyelids comfortably.
3. Set your intention toward relaxing and effortlessness.
4. Whenever you notice yourself shifting into “doing” or “thinking,” simply return back to your original intention, and begin again.
5. Relax your attention. Release any fixation that you might have on any object. Be as ordinary and natural as possible. If you notice that your attention becomes fixated or distracted, simply relax.
6. Exhale all striving. Empty yourself of any effort toward achieving a particular outcome or result. Remain open and accepting to the present moment. Let your experience be as it is.
7. Sense the silence. Surrender all attachment to what you notice, and feel the intuitive sense of silence within you. Be aware of the silence and feel the vastness of the silence.
8. Tune in to awareness. Recognize that you are naturally aware, and you are conscious of this awareness. Trust this effortless knowing and the silence. There’s nothing to do, and nowhere to go. Just rest.
9. When you are ready to end the practice, gently bring your attention to your surroundings and invite simple movements to your body.