

Focus on Rest instructions

February 8th, 2018

1. See Rest: Work with visual rest.

With eyes closed: Focus on the darkness, brightness, or mixture of darkness and brightness that you see in front of and/or behind your eyelids when you close your eyes. The term for this visual rest is *blank* or *greyscale blank*.

With eyes open: Intentionally defocus (soft focus) your gaze. "Look" but not at anything in particular, and without being too concerned about what you're seeing. (It is also sometimes possible to be aware of the *greyscale blank* when your eyes are open).

Basic Instructions

Place your attention in *See* space, with your eyes either open or closed, as you wish. Every few seconds, note *See Rest*. (If all or part of the visual rest drops away or drops off, note *Gone*.)

See Rest is available to you at any time because you can always defocus your eyes, even if you can't see the internal *blank* of *See-In* rest.

2. Hear Rest: Work with auditory rest.

Continuously focus on auditory restful experiences—mental quiet inside your head or physical silence around you.

Basic Instructions

Place your attention in *Hear* space. Whenever you're aware of the absence of sound in any of the six directions around you, or of an absence of auditory thinking (it's quiet inside your head), note *Hear Rest*. (If the drop away of *Hear Rest* is a tangible experience for you, note that as *Gone*.)

Hear Rest may not always be available to you. If you are not able to detect restful hearing states, then choose another focus space for now.

3. Feel Rest: Work with somatic rest.

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Focus on physical and emotional restful states in your body. Physical Rest in your body refers to things like settling in to a posture, relaxing muscles, and so forth. Emotional Rest means detecting the absence of emotion in your body.

There are many ways of feeling Rest.

1. Learn to find it:

Focus on how your muscles relax into a still posture.

Notice how your core muscles (rib cage and diaphragm) automatically relax each time you breathe out.

Notice when your body is without emotional feeling.

2. Learn to create it:

Stretch up and settle into your posture.

Intentionally relax individual body parts (face, jaw, shoulders, arms, and so forth).

“Breathe into emotional” sensations to soothe them (without, however, trying to beat them down!).

Basic instructions

Tune into the restful aspect of your body experience, physical relaxation, emotional peace and so forth. When you are aware of rest in your body, note that as *Feel Rest*. Restful experience may be in a small part or a large part of your body or may cover your whole body. It may be intense or subtle. Any pattern is fine. Enjoy that restful experience. (If the *rest* you’re noting drops away or drops off, note that moment as *Gone*.)

Feel Rest is always available to you, because you can always note the relaxation of muscles that occurs with each out breath.

4. Focus on Rest: Work with all rest states.

Focus on the entirety of your physical and mental experience, noting restful states in any location.

Basic Instructions

Let your attention broadly float between seeing, hearing, and feeling. Whenever you are aware of a restful state, note that state. (If the rest you’re noting drops away or drops off, note that moment as *Gone*.)