**Rest**



1. Recline comfortably on your back. Spread your feet approximately one foot part. Turn your palms up to face the ceiling. Even two minutes of rest allows the body, mind, and nervous system to unwind.
2. Bring your awareness to your feet and feel your feet resting on the floor.
3. Bring your awareness to your legs and feel your legs resting on the floor.
4. Feel your fingers, hands, and arms resting.
5. Feel your torso resting—belly, rib cage, and back.
6. Bring your awareness to the back of your head resting on the floor. Feel your forehead and your eyes softening.
7. Feel your ears resting. Release any tension from all the muscles of your face.
8. Bring your awareness to your breathing, and feel your breath flowing smoothly,  freely, and softly, in and out through your nostrils.
9. Allow a feeling of calm and quiet to expand throughout your entire body, throughout the whole nervous system.