

The R.E.S.T. Practice – From Personality to Presence

RECOGNISE (Inner Game)

- What is going on?
 - “Which trait have I noticed cropping up?”

RECOGNISE (Outer Game)

- Prepare the background of your journal page.
 - Mixed Media Route; Gesso, Paint, circular symbol, border,
 - Single media route; Circular symbol, border.

EXPLORE (Inner Game)

- Where, when and with who does this trait tend to show up in my life?
 - Does this trait ensure I am accepted, liked or get me approval?
 - How does this trait keep me safe?
 - What does this trait help me avoid? (Doing, Saying or Feeling?)
- Where does this trait create tension in my body?
- How does this trait cut off access to my soul?
 - Does it clutter my mind, or ‘numb’ my mind?
 - Does it close my heart?
 - Does it mean I lose connection with my body?
- How is my experience of this trait different to my experience of the essential quality of my soul?

EXPLORE (Outer Game)

- Free-Write your answers in the body of your page.

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SURRENDER - (Inner Game)

- Say to yourself
 - “I am willing to let my experience be as big as it wants to be.”

SURRENDER (Outer Game)

- Doodle in the border of your page.

TRANSFORM (Inner Game)

- Ask your soul
 - “What would you have me know/do/become?”

TRANSFORM (Outer Game)

- Collage images or words to your page.
- Add further decoration to integrate the message.