

FEEL REST TECHNIQUE

UNIFIED MINDFULNESS



Purpose:

To train equanimity and clarity by **actively seeking or creating restful body sensations**, and gently resting attention on them.

What Is Feel Rest?

- The Feel Rest technique focuses specifically on **restful** sensations in the body.
- Unlike See Hear Feel, this practice involves **actively hunting** for, or creating, rest.
- Trains the mind to stabilize in comfort, calm, and safety.

Ways Rest Can Be Found or Created

1. Naturally Present Rest

Let your awareness scan for areas of comfort, ease, or peace already in the body.

2. Rest Created by Relaxing Tension

Notice an area of tightness and soften it gently to allow rest to emerge.

3. Rest Created by Tensing & Releasing

Deliberately tense a body part (e.g., a fist or shoulder), then relax it to feel the rebound of rest.

4. Rest Found in the Breath

Focus on the exhalation phase, the body's built-in relaxation mechanism.

5. Neutral Zone Rest

Notice any area of the body that feels unactivated, quiet, or neutral.

How to Practice Feel Rest

1. Settle and Intend

Sit, stand or lie comfortably. Allow your body to be supported.
Set your intention to explore rest within the body.

2. Hunt for Rest

Use one or more of the methods above to locate or create restful sensation.

3. Label It – “Rest”

When a restful sensation becomes clear, use the label “**Rest**” silently or aloud.

4. Sink Attention into the Sensation

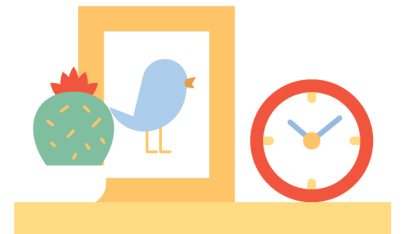
Stay with the feeling for several moments, maybe 6-10 seconds. Let your attention rest on rest.

5. Observe Objectively

Notice characteristics:

Size | Shape | Texture | Movement | Temperature

Or any other objective quality of the sensation. **and then return to Step 2, repeating the cycle**



Tips for Success

- **Use the Exhale:** The out-breath naturally triggers relaxation.
- **Stay in the Feel Channel:** If attention wanders to visual or auditory events (See or Hear), gently redirect to Feel.
- **Give It Time:** Linger with restful sensations for a few moments, maybe a full breath cycle, before moving on.
- **Be Gentle with Yourself:** Distraction is normal. Redirecting with kindness is part of the training.

Common Pitfalls to Avoid

- **Expecting strong sensations** – Rest is often subtle.
- **Forcing the experience** – Allow it to unfold naturally.
- **Adding story or judgment** – Focus on **raw, sensory detail**, not interpretation.

Why It's Effective

- Builds familiarity with safety and ease in the body.
- Encourages the nervous system to downshift from fight/flight into calm.
- Helps balance a tendency to focus only on tension or difficulty.
- Useful for stress recovery, grounding, or daily mental reset.

