

Focus on Rest: Easy Version

Summary

1. Start by positioning your attention.

- Place some attention on the darkness/brightness in front of/behind your closed eyes and some attention over your whole body.

2. Now begin to note “Blank” or “Relaxed.”

- If all you’re aware of is Blank, note “Blank.”
- If all you’re aware of is Relaxed, note “Relaxed.”
- If, at any given moment, both are available just choose one to focus on. It doesn’t matter which one.
- Focus on that Blank or Relaxed for a few seconds (unless it disappears before that).
- After those few seconds (or its disappearance) note again, either the same experience or a different one.

3. Let other things arise but in the background.

- As you note Blank or Relaxed, other things (Touch, Sound, Feel, Image or Talk) may arise, perhaps quite intensely. That’s perfectly okay. Let them arise but in the background of your attention while the foreground of attention is fascinated by Blank or Relaxed.
- If you get pulled away into a distraction, gently return to the Blank or Relaxed.

4. You can still focus on rest even when there is a lot of “unrest.”

- Remember that to experience Blank does not require that mental images be absent. And to experience Relaxed does not require that your body be free from all discomfort, tension or agitation. You can have a lot of unrest in your mind and body and still be doing the technique perfectly!

5. Remember you have options.

- You can speak or think labels or note without labeling, whatever works for you in a given moment.
- You can zoom in, zoom out or zoom both ways or not intentionally zoom, whatever works for you in a given moment.
- You can intentionally restrict what you note to just Blank or just Relaxed, or you can use the basic format of free floating between them.
- You can *find* restful states...

Just look at the darkness/brightness in front of/behind your closed eyes to find Blankness.

Tune into the sense of settledness that automatically accompanies being seated or lying down to find widespread Relaxation.

Tune into the muscle relaxation in your ribcage and abdomen that automatically accompanies each out breath.

- You can *create* restful states...

You can try opening then closing your eyes to enhance the darkness/brightness.

You can try intentionally relaxing individual body parts to create local relaxation, or straightening up and settle in to create whole body Relaxation.

Focus on Rest: Standard Version

Summary

1. Start by positioning your attention.

- Bring your attention to your overall sensory experience, both subjective and objective.

2. Now begin to note the restful states.

- If all you're aware of is a single restful quality, note it:

“Relaxed”	“Peace”
“Light”	“Blank”
“Silence”	“Quiet”

- If more than one of these flavors is available at the same time just choose one to focus on. It doesn't matter at all which one.
- Focus on that flavor for a few seconds unless it disappears before that.
- After those few seconds (or its immediate disappearance), note again either the same experience or a different one.

3. Let other things arise but in the background.

- As you note Relaxed, Light, Silence, Peace, Blank, Quiet, other things (Touch, Sight, Sound, Feel, Image or Talk) may arise, perhaps quite intensely. That's perfectly okay. Let them arise but in the background of your attention, keeping yourself intensely interested in the restful states that are in the foreground.
- If you get pulled away into a distraction, gently return to a restful state.

4. You can still focus on rest even when there is a lot of “unrest.”

- Remember that you can have mental image activity and still contact Blank in either of its forms, “Grayscale Blank” or “Looking-In-But-Not-At Blank.”
- Also, Relaxation as we define it, does not require an absence of discomfort, tension or agitation. It merely requires some sense of settledness or muscle relaxation somewhere, however faint or limited that may be.
- You may be able to hear Silence in a direction where there's no sound, even if there is a lot of sound around you.

5. Remember you have options.

- You can speak or think labels or note without labeling, whatever works for you in a given moment.
- You can zoom in, zoom out or zoom both ways or not intentionally zoom, whatever works for you in a given moment. The zooming can be done in any of the restful states.
- You can *find* restful states...

To find Relaxation, tune into the sense of settledness that automatically accompanies being seated or lying down. Or focus on the muscle relaxation in your ribcage and abdomen that automatically accompanies each out breath.

To find “Grayscale Blank” just look at the darkness/brightness in front of/behind your closed eyes.

To find “Looking-In-But-Not-At Blank” turn your attention inward to Image Space, but if images are there, look around or through them, not at them.

If Sight activity is too agitating, you can eliminate Sight Space by just closing your eyes.

You may discover that a certain active state triggers a certain restful state. For example, Sound may turn off Talk to create Quiet for a moment. Or Sound may cause your body to relax. Or Touch may cause Feel to turn off for a moment, creating Peace.

You may discover that a certain restful state triggers another restful state, producing “restful sequences” or even “restful loops.” If so, you can follow that sequence or loop over and over again to take you deeper and deeper.

- You can *create* restful states...

To enhance “Grayscale Blank” you can try to open then close your eyes.

To create local Relaxation, intentionally relax individual body parts such as your face, jaw shoulders and so forth.

To create Light, just defocus your eyes.

Some people find that deep breathing creates Peace and Quiet.

- You can intentionally restrict the categories of rest you note. For example, you can just note...

Mind Rest (Blank, Quiet)

Body Rest (Relaxation, Peace)

Visual Rest (Light, Blank)

Auditory Rest (Silence, Quiet)

Subjective Rest (Peace, Blank, Quiet)

Objective Rest (Relaxation, Light, Silence)

Bodymind Rest (Relaxation, Light, Silence, Peace, Blank, Quiet)

Just one flavor of rest (Just Relaxation, Light, Silence, Peace, Blank or Quiet)

Focus on Rest: Do Nothing Version

Summary

1. **You don't need to position your attention in any particular way.**
2. **Let whatever happens happen, but as soon as you are aware of an intention to control your attention, drop that intention.**
3. **As we will define it, "something intentional" means something you have total control over, something you can start and stop doing at will, like raising or dropping your arm.**

Therefore, by definition, you can always stop an intentional act, because if you *cannot stop* doing something, it is not really intentional and you don't *need* to stop doing it. The instructions are very clear; only stop doing what you easily can stop doing. Let anything else happen as it will.

- Examples of things that you *can* stop doing are:

Intentionally thinking (as opposed to thinking that just happens to you).

Trying to focus on a certain thing.

Trying to have equanimity.

Trying to keep track of what is going on.

Trying to meditate.

4. **Remember, when you do this practice, the goal is not to have nothing happen.**

In fact a lot may be happening. That's okay, as long as you keep letting go of the intention to *do* anything about what is happening.

5. **Centering and grounding**

If you find that this practice centers you, good, that's a sign you're doing it right!

If you find that this practice de-centers you, good, that's a sign you're doing it right!

If you find that this practice grounds you, good, that's a sign you're doing it right!

If you find that this practice un-grounds you, good, that's a sign you're doing it right!