



I REST &
DO NOTHING.

WEEK #4

Resting is a revolutionary act.

Well done! You spent 3 weeks observing, zooming out, and reflecting on yourself!

This week you deserve to rest and recharge. **This week we invite you to make time to rest for half a day.**

We live in a world that encourages 'Doing' not 'Being'. Certainly, actions are important to achieve goals, but we are **Human Beings**.

We need to rest, to pause, and just be. We need to enjoy and recharge, in order to protect our energy from draining, but also to leave space for things to unfold, and answers to come to us.

Today do the things that help gain your energy. Whatever makes you feel better, that will help you start your week with more positive energy.

Choose to do something you love, even if it's just for an hour. And if it's doing absolutely nothing, and just rest and be, be sure to give it your all, as John Lennon said beautifully **"Time You Enjoy Wasting is Not Wasted Time"**.

As today is also the full moon, it's a great time to do a ritual where you will intent to let go of things that don't serve you anymore. The days around the full moon we usually feel some tension and our emotions are overwhelming. **Our deepest traumas come to the surface in so we can face them and let them go.**

If you pay attention you will notice that more accidents happen, things break and communication is not at it's best during a full moon.

On a full moon it's better not to take action on important things. Just to be.

WEEK #4

Phrase: 'Now I rest and do nothing'

Write this phrase in your journal.

PRACTICE:

Schedule a block of 3 hours where you don't do anything, and where you can spend time undisturbed.

Find a nice spot for you to rest. We suggest going into nature, lying down on the grass or a hammock for example.

Let your mind wander.

If you notice it goes into overthinking, write down your thoughts into your journal.

Listen to the sounds.

Observe where you are.

Take a couple of **deep breathes**.

Breathe consciously.

Maybe take a nap.

Optionally use this mantra:

Breathe in: "invite a sense of calm".

Breathe out: "smile with gratitude"

And remind yourself:

"It's okay if some days all you do is breathe."