

# The R.E.S.T. Process – Hello Soul

## RECOGNISE (Inner Game)

- When have I experienced connection with the essential quality of my soul?
  1. Rereading passages of books and poems that have touched you.
  2. Spending a few minutes near a river, stream, or creek.
  3. Lying on the ground in dappled light.
  4. Being with a loved one without children around.
  5. Sitting on the porch shelling something, knitting something, peeling something.
  6. Walking or driving for an hour, in any direction, then returning.
  7. Boarding any bus, destination unknown.
  8. Times of great sadness or loss.
  9. Falling in love.
  10. Driving out to where the city lights do not interfere with the night sky.
  11. Walking on the beach.
  12. Holding an infant.
  13. Sitting by a window in a cafe and writing.
  14. Drying your hair in the sun.
  15. Potting plants, being sure to get your hands very muddy.
  16. Beholding beauty.
  17. Watching someone die.
  18. Sitting quietly on the ground, with your back leaning against a tree and just breathing.
  19. Spending time in nature.
  20. Paying profound attention to an everyday mundane task. Notice the smells, the sights, the sensations involved.

## RECOGNISE (Outer Game)

Prepare the background of your journal page.

- Mixed Media Route: Gesso, Paint, circular symbol, border.
- Single media route: Circular symbol, border.

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## EXPLORE (Inner Game)

How do I experience the essential quality of my soul?

How is this different from my everyday experience?

- What do I say or not say?
- What do I think or not think?
- What do I feel or not feel?
- What sensations are absent?
- What symbol best represents the essential quality of my soul?
- What colour best represents it?
- Who am I when I experience the essential quality of my soul?"

## EXPLORE (Outer Game)

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

## 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.