



Deeply Relaxing Guided Meditations Online

What is True Rest?

True Rest® is a deeply relaxing, highly restorative guided meditation that helps us to discover a greater sense of peace, ease and wellbeing in our everyday lives. It is a time of self-care that encourages a profound release of physical, mental and emotional tension.

True Rest is based on tried and tested meditation techniques including mindfulness, body sensing and self enquiry. It's for everyone, whether you are completely new to meditation or have been meditating for years. It is not religious and you don't need to hold any particular belief system to benefit from it.

True Rest is incredibly simple and completely effortless. It's not about trying to control your mind. It is done lying down or seated with the body fully supported, comfortable, and warm. It can be practiced anywhere at home, your place of work, outdoors or even on the train, plane, or bus. The guidance follows a set structure, yet each True Rest meditation is unique, so your practice remains fresh and free of anticipation or expectation.

True Rest invites you to just stop for a while. With regular practice, its benefits go deeper than a relaxation of the body and mind. Taking a break from the busyness of life to just be allows space for insight, clarity, and new perspectives about ourselves and the world to naturally arise. It is an aid to listening to our inner knowing, opening to our deepest truth and what really matters. True Rest can open us to the inherent love, intelligence, and creativity of our true nature.

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