

REST

What is rest? Is it relaxation? Is it release? Is it work?

The definition of rest changes based on the person. In general, it is not being tied to a schedule, having nothing you have to do, being away from the list of to do's, and being able to do nothing.

Few can do nothing for long. We end up doing something, even if it is taking a nap. There is always something we are doing even if it is sitting in front of the TV half listening and half day dreaming.

There is great value in rest. Rest is when we can connect with our true being and disconnect from the rat race of the outside world. Our normal mode of operation is to be involved in the outside world earning a living, caring for the kids, caring for parents, fulfilling our social obligations, and being so scheduled we have no time for ourselves.

Rest is the time we have to look within, to feel, to know, to reflect, and to learn. If we do not take the time to rest, to look within, we are forced to do so. Sickness comes to slow us down, to force us to rest, and to allow us to look within.

If we rest within ourselves and give ourselves the time and space we are healthier and happier. Often, the resting is where the insights, the great learning, the ah ha moments come from. Resting is often our most creative and productive time.

Yes, in rest we are the most productive. Our most productive and profitable ideas come to us during rest. Why? It is because we already have the answers to our questions within us. By rushing and forcing we are not allowing the answer to come forth from within. We are so anxious we are not allowing the answer.

Rest should be a priority for all of us. In the resting is the accomplishment. The working is just details and busy work.

Why don't we rest more? Rest is not socially acceptable. Taking a nap or sitting quietly at work is not considered normal or acceptable. At the same time, most of the great ideas are during off business hours, or while someone is on vacation not thinking about work, and then the answers just comes to us.

Yes, rest is and should be part of your work. Schedule rest as you do work. The rest may be sitting quietly, it may be taking a walk, it may be sailing, it may be skiing, it may be anything that gives you a release and slows the mind so that the answers have room to come.

If you need an answer and a solution and it eludes you get away from your desk, your environment, and rest doing what you like to do. In the resting and release the answer will come. Rarely does it come when you are at your desk forcing the answer.

To rest is to work. To work most productively and effectively is to rest.