



### Richard Lister: Radical Rest for Resilience



Rich is a coach, Viking, trained nurse and awesome human being. He is the author of the forthcoming book *Radical Rest*, and international speaker and workshop leader. Working with people around rest, resilience and self resourcing. Join Richard in this session to utilise your primal neurology of rest to build your resilience to the world around you.

**EMBODIMENT TIP:** Make sure you are controlling how you breathe because that controls everything else about your human body.

#### What is Radical Rest?

- Radical Rest is **bringing rest right back down to what we need to do as a human.**
- Radical Rest is all about **reducing activation**, so you can integrate and repair.
- Radical Rest **turns your body into a tool** that you can consciously use.

#### Stop Our Brains from Taking Control: Rest is All About Recognizing and Switching Off the Activation

- Our brains work in patterns and our patterns are really great keeping us alive because they've worked before, so therefore they do it again.
- Recognizing patterns we have in ourselves that may not be the most efficient patterns is a really powerful thing.
- We realize where our primitive basic patterns are in our bodies to keep us alive. We can see where our complicated human brains have utilized said patterns to keep us safe.
- Looking at how we activate ourselves with our patterns, we can then look at how we can manage our own selves in stressful situations.
- Transitions can be scary and unknown, titrate your experience by stepping into the situation a little bit and stepping out. Then you can slowly adapt your unconscious patterning ability to change into a restful state.

#### Shift Your State from Stress to Rest: Change How Our Bodies Are Perceiving the Environment

- Stress is something that we are designed to experience, but not all the time.
- Change your uniform/work clothes. Stress almost adheres to what you're wearing there and stops you resting because your mind is still focused on work.
- Learn to smile with your eyes while wearing a mask - human connection deactivates our stress response and helps us rest.

#### Resources

- ❖ **Books:** *Coming Soon! Radical Rest*
- ❖ **Courses:** Permission To Rest
- ❖ **Website:** [Medicine For Modern Times](#)
- ❖ **Social:** [@medicineformoderntimes](#) , [Facebook](#)

## Richard Lister





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**Philip Shepherd** is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

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