




DARE TO REST

the rest cave guide

SHADOWWISDOM.COM

Shadow 
Wisdom

Connect with your body

I hear this all the time
from women.

And one of the reasons so
many women tell me they
cannot rest, especially
mothers of young children,
is that there is no quiet
space in their home.

This is why it's essential to
mark your territory.

Many women have spent
years not resting or
collapsing on their beds
unconsciously to rest
because their home is not
set up for it.



Virginia Woolf said it best -
that a woman must have a "room of
her own."



rest cave

A quiet place where you can drop the worn-out woman, come to when you need a time out, get back into rhythm, and listen to the knowing voice that emerges from deep stillness.



"resting in this space provides me a moment—or 20 minutes—to take a breath, relax, and come back to self."

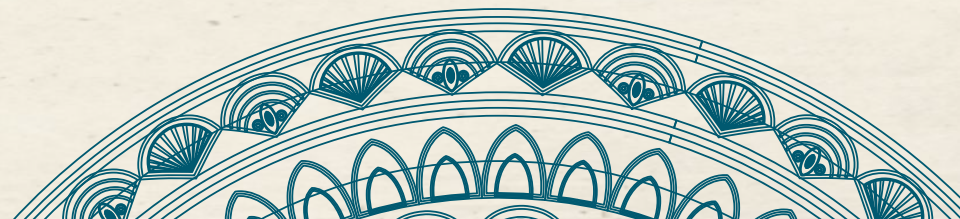
*—Natalie
Tennessee*





7 Tips

FOR CREATING YOUR REST CAVE



the intention

- Remove all distractions
- Press the reset button
- Be yourself
- Unload layers of exhaustion and engage in deep rest through yoga nidra practice
- Give birth to new ideas, new plans, and new yearnings

"my rest cave supports me because it is physically cozy and comfortable plus has just the right view and soft lighting to set a relaxing mood. ."

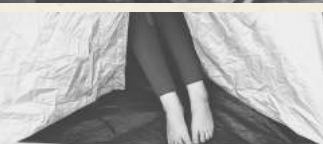
—Maureen
Massachusetts



1. identify your space



Ideally, it is a quiet space that can get dark (or at least dim) and includes a spot in which you can lie down comfortably.



Allocate space in a room that you use for other activities.



Call dibs on the spare room if you have one.



If you live in a small space, make it portable: Prepare a box of items that you take out and set up on your couch, on your bed, or on a carpeted floor.

If you live in an area in which the weather supports it, pitch a tent in your backyard or designate a space in your garden.



2. honor the blanket

The most essential item is a blanket. You might consider using one that is exclusively for your yoga nidra practice — a blanket in color or style that represents you.



Yoga nidra is a sleep-based meditation practice always pointing you back to your most authentic self, so what you add to your Rest Cave are symbols that represent the true you.



3. decorate

Select items that elicit delight, yet create a simple, aesthetic space. These can be pillows, plants, a tapestry or rug, a favorite painting. Some women string lights to turn on after yoga nidra in order to journal.

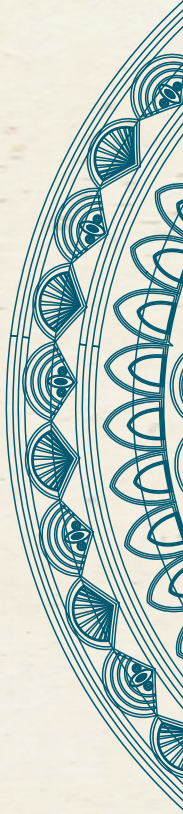


4. create a rest altar

This is an element from which you can come back to your center and honor rest.

On your altar you can place items that are meaningful and relaxing, such as a journal, photos, candles, crystals, essential oils, and items from nature (flowers, stones, sand).

Use a beautiful tray to create a portable altar.



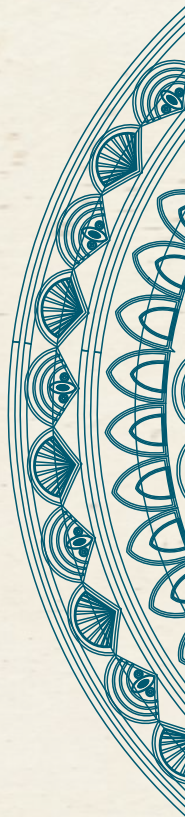
5. choose travel items

It's a good idea to have at least one item that you can take with you when you travel.

One of my students told me: "I was nervous about how I was going to keep up my yoga nidra practice when I traveled without my cave, so I created a travel Rest Cave.

I bought a beautiful tapestry, laid it on the floor in the hotel room, put my crystal on my heart, and easily connected back into cave time practicing yoga nidra meditation.

I learned the cave can go anywhere."



6. fine tune

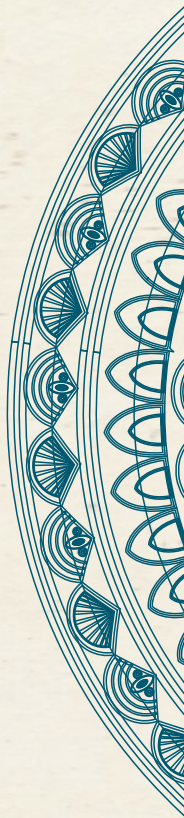
Sit in your Rest Cave. Lie down under your blanket.

Simply notice how it feels. Is it a place you feel safe and can surrender to rest deeply?

Is the surface you're lying on comfortable?

Play with the space until it feels right (it will continually evolve).

After you practice yoga nidra a few times, you might consider what else you can do to make it even more restful, like stringing some soft lights."



7. get creative

Having shared these tips, I want you to know that you can rest anywhere!

In your car, on the ground next to a tree, on your friends couch, in a beach chair, in an airplane seat, wherever you find yourself needing a Yoga Nidra nap.

I have even leaned back in my office chair with my headset on for a quick nap.

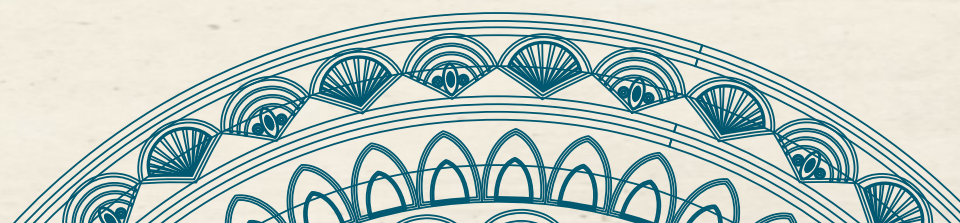
Sometimes you can't access the ideal cave, but please don't let that stop you.





the many ways

TO EXPERIENCE YOUR REST CAVE



A Place To

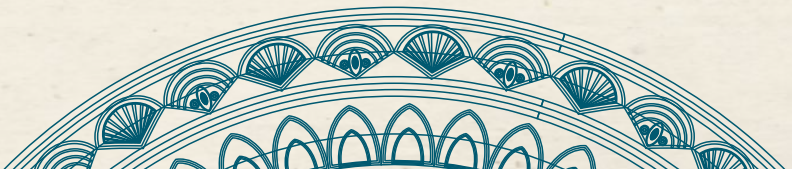
PRACTICE YOGA NIDRA

Years ago, when I first discovered yoga nidra as a worn out mother and full time student, I was so delighted that my mother introduced me to a tool that looked like a nap, but offered so much more.

This simple, guided meditation takes you into deep-sleep brainwaves and beyond, but with a trace of awareness.

Using a combination of breath work, body sensing, and visualization, you're guided into a cradle of deep rest - a deep meditative space where you can release exhaustion on all levels, including decades of negative programming

(like that "I'm not worthy"/"I'm not enough" tape that causes you to lose power).



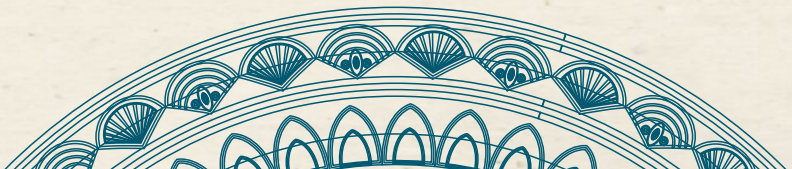
A Place To


PRACTICE YOGA NIDRA CONTINUED

I couldn't believe how well-rested I started to feel when I practiced yoga nidra.

Having practiced Dare to Rest Yoga Nidra with Karen Brody, I have experienced the importance of a designated space - a Rest Cave - , a quiet, alone space for just to rebooting my physical, mental, and spiritual health. It is also reminding others in my home that I am prioritizing rest.

Yoga nidra is the umbrella, so to speak, for every experience in my Rest Cave. It sets the stage for thinking clearly again, refueling, and ultimately standing in my power.





a place to birth

Although I'm often met with humorous looks when I assert this, the Rest Cave takes Virginia Woolf's "room of her own" one step further: A woman needs a womb of her own.

Women give birth to many things: babies, books, and businesses, among many other brave and creative endeavors. The best births are born out of a quiet, sacred space.

"my rest cave makes it easier for me to come into yoga nidra because it is all set up and ready for me. The only thing I need to do is lie down!"

—Sheila,
Florida





a place to receive

Thinking of your cave as womb space will increase the potency of yoga nidra meditation.


The uterus is where women birth babies, but even more so the uterus holds the energy of birth. It is here that you can transform and heal your wounds, including ancestral wounds.

Women have carried centuries of shame, abuse, fear, guilt, and judgment, struggling to love ourselves in a patriarchal system.

The womb is where we create and women are creators. Yoga nidra can help to purify and nurture our wombs.

However, we must be open to receiving this healing.





a place to reclaim your wild woman

Every time you feel branded as that crazy, over-thinking, over-sensitive woman, now you can head to your Rest Cave to practice yoga nidra instead of shutting up or letting others judge you.


Guess what?

Women are intuitive, not crazy. It's when we shut down this wild knowing part of ourselves that we feel nuts.

The more you lie down, the more you gain perspective on your life. What felt huge softens.

And your ability to bring your wild woman along as you lead becomes non-negotiable.






a place to honor your cycle

I ask women to chart their menstruation and menopausal women to note when the moon is full each month.

This is the time to stay in your Rest Cave longer—even just ten more minutes with either a longer yoga nidra meditation or journaling.

These are moments in our lives when our hormones are calling us to slow down, and they are also moments of great opportunity when women are ripe for transformation. Think of it as your Red Tent.





a place to embrace your shadow

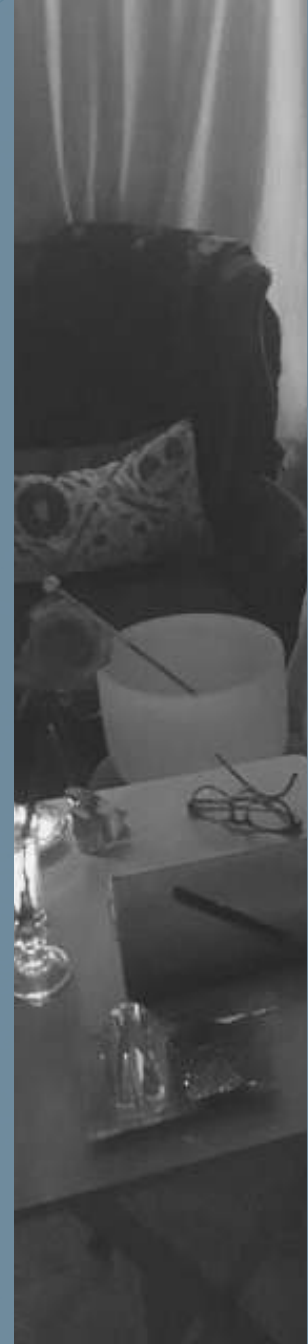
Once in the cave you may see shadows—similar to shadows made by the light of the opening in a cave.



It's common to think of shadows as bad. If someone is scared we may say, "She's afraid of her own shadow," which is why I suspect there is a mystery and trepidation around entering caves.

I see the time in the cave as a powerful place to become aware of what is in shadow for me, so I can bring them out in to the light and transform them.

"it is here that my inner relationship is nourished, revitalized, and strengthened so that my outer relationships can be approached with more clarity, ease, and trust."

— Judith
New York





a place to embrace your shadow continued

By entering your Rest Cave you are saying “I’m not afraid of my Shadow anymore,”—the Shadow of course being your repressed emotions and limiting thoughts and beliefs. It’s in this embrace of darkness that we see the real light, the truth.

Giving yourself cave time—a time for inner exploration—is one brave step towards accepting the shadows in you. Once you do this, then when you leave your cave you’ll discover how truly beautiful it is in the world.

Connect with me if it is time for some Shadow Work to clear out your persistent shadows.



here's to your rest cave

I love seeing how each woman creates her own unique Rest Cave, and I know the more we share photos and stories from our Rest Caves the more we can create a Daring to Rest Sisterhood—a movement of women committed to deep, life-changing rest.


Please consider sharing your Rest Cave photo on your favorite social media channel with #MyRestCave and #DaringToRest.

I would also love to see you rest cave photos in our Facebook group!

*With Gratitude,
Karin*



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Shadow
Wisdom 



"The seed that grows
toward the light begins
in darkness"

~Lisa Brumby