

5 Tips For Rest-Full Living

Start
Your
Day
Gently

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Make
"Pit Stops"

Add a little bit of body text

Do
Some
Space
Travel

Here we go round the mulberry bush, racing, hurrying and pressuring ourselves in the race against time. It's hard to rest on a spinning planet, but while this is our 'base' planet, we live in the Universe. So, when you feel like you are trapped in the racy feeling of the spinning, night-day cycle of Earth, launch yourself just off the Earth, get still and in rhythm with space. Need help with the feel and perspective of this? [Click here](#) to watch a NASA video, a 1-year time-lapse of this planet. Try turning off the commentary and just watching this planet spin, but mostly feel how still it is from the observer's perspective. Much more restful, and available to tap into at any time, even when on the planet.

Get Out
of
Your
Head

Add a little bit of body text

Make a
Bedtime
Ritual

Add a little bit of body text