

*A Rested Mind vs.  
An Arrested Mind*

A rested mind  
is rejuvenated and energetic;  
an arrested mind  
is moribund and lethargic.

A rested mind  
probes and queries;  
an arrested mind  
memorizes and repeats.

A rested mind  
pursues and ponders;  
and arrested mind  
is passive and ponderous.

A rested mind  
is open and resilient;  
an arrested mind  
is closed and static.

A rested mind  
will engage you  
in dialogue;  
an arrested mind  
will subject you  
to monologue.

A rested mind  
will negotiate;  
an arrested mind  
just threatens.

A rested mind  
is active and keen;  
an arrested mind  
is somnolent and dull.

Relax, therefore,  
and be recollected,  
for when the mind is not  
rested,  
it easily becomes  
arrested.