The Practice of RAIN

Home Practice

Formal Practice

Sit daily for 20 minutes using this guided meditation on RAIN.

Informal Practice

Practicing RAIN on-the-go
Go through a shorter version of the steps of RAIN (Recognize, Allow, Investigate, Nurture) whenever an emotional disturbance arises in your day. The steps are outlined in the Class Summary.

If you notice feelings of overwhelm when you do the RAIN practice or throughout the week, check out the **"Supports For Handling Intensity"** section on the "Resources" PDF (attached) to get some ideas for how to ground yourself.

- Submit the Daily Practice Form at least once before next class.
- If you'd like, schedule a 1-1 meeting with me to get practice support.

Class Summary

Key Takeaways

1. **Mindfulness** is the act of observing our present moment experience with an attitude of kindness and acceptance.
2. **Self compassion** arises when our present moment experiences are painful.
3. **RAIN** is a practice to bring more mindfulness and more self compassion to an experience and is helpful to practice with especially difficult experiences.
4. **Daily practice** of mindfulness and compassion is the pathway to experiencing their benefits.

RAIN

Sometimes emotions are very intense and difficult to allow. Grief, panic, despair, depression, shame, loneliness, to name a few, can be very unpleasant to be with. The practice of **RAIN** can support us to be present with these experiences, when we're ready to.

RAIN can be done in a formal meditation practice by bringing to mind a situation in your life that is difficult, or in an informal way by RAIN-ing emotions as you encounter them throughout your day.

R - **Recognize**

Noticing what you're feeling and naming it - fear, sadness, unworthiness, sense of failure, anger…

A - **Allow**

Accepting that this is what's here in this moment. It doesn't mean we like it! But we acknowledge its presence. No fixing, avoiding, judging, or trying to change it. As much as possible, allowing it to be here with compassion. You might mentally whisper "It's okay that this is here" or "I can be with this"

I - **Investigate**

Gaining a deeper understanding of this emotion by sensing, with care and compassion, where you most feel it in your body and what it feels like. Belly, chest, throat, shoulders? Burning, aching, heaviness, pressure?

N - **Nurture**

Acknowledging that this is a difficult moment and sensing what this hurting place most needs. A gesture of kindness (a self hug or a hand on the heart)? Words of care ("It's okay that you're here" or "I am with you.")? Offering this kindness to yourself, or envisioning a trusted other offering it to you. Calling on any other Resources that would support this place (see "Resources" section below).

"After the RAIN"

Take a moment to notice if your way of relating to this emotion has shifted. Rest in your awareness of this moment, maybe checking in with your anchor if you need some support. You might sense that your awareness is large enough to hold this emotion, and any emotion, in kindness.

Resources

A Resource is a tool we can use that stabilizes us in times of less balance. We can bring a Resource into the Nurture step of RAIN or call upon it as needed throughout the day. Below are a few types of resources:

- Attending to the breath or body (feeling bottoms of feet, hands, heart, etc)
- Imagining a comforting person, place, object, or being that is there for you (friend, therapist, sunset, divine being, etc)
- Offering words of care (“I am here with you”, “You are not alone”, etc)
- Offering gestures of care (self hug, hand on heart, hands on face, etc)

Tips For Difficult Emotions

Sometimes we begin the Recognize step of RAIN and feel we are not balanced enough to engage with it. In these cases, it is most appropriate for the Nurture step of RAIN to come first. We can use the Nurture step to first call on our Resources (kind words, images of safety and care, loving gestures, attending to breath/body) and then when we feel balanced, begin again with R. When we are too overwhelmed to begin the practice at all, Grounding Resources such as moving our bodies or doing breathing exercises are supportive. Check out the “Supports for Handling Intensity” section on the “Resources” PDF.