

## The acronym RAIN offers a tool for practicing mindfulness and compassion:



### **R—Recognize:** (Note what you're experiencing)

Consciously acknowledge the thoughts, feelings and behaviors that are affecting you. For example, simply note a negative or critical inner voice, feelings of fear or sadness, the pressure of anxiety or the weight of depression. Just know, this is how it is right now.

### **A—Allow:** (Let the experience be there, just as it is)

Let the thoughts, emotions, feelings or sensations you have recognized simply be here, without trying to fix or push away anything. Accept the reality of your experience like the wind blowing through until conditions change.

### **I—Investigate:** (With curiosity, notice if you feel it in your body)

Staying in touch with your physical sensations, deepen your attention with a natural sense of curiosity. You may ask yourself, *Where do I feel this in my body?* Or notice any particular thoughts by asking, *What story am I telling myself?* Rather than thinking about or analyzing it, keep returning your attention to the felt-sense in the body, with kindness and non-judging awareness.

### **N—Nurture:** (With self-compassion, ask what would feel comforting now)

Ask what the vulnerable place inside you needs right now. Does it need reassurance? Forgiveness? Love? Or simply returning to more Allowing? You may find it helpful to put your hand on your heart or cheek and silently say to yourself, *I'm sorry you're hurting. Or, May I, in my discomfort, be held in compassion.*

### **After the RAIN:** (Just BE with what's here)

Like the time of quiet and vitality after an actual rain, take a few moments to rest in your own spacious presence—the part of you watching from a calm, loving center.



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NOTE: *The RAIN meditation, originally created by Michelle McDonald, has evolved in the mindfulness community into this rendition.*