

MINDFULNESS PRACTICE

This acronym reflects the expression “the rain falls equally on all things.” The mindful principles of RAIN can nourish peace and transform our difficulties. RAIN stands for **Recognize, Allow, Investigate and Nurture**. When we are not aligned, and in harmony with ourselves, we can experience difficulties, lose our sense of purpose, experience negative emotions, have trouble in relationships, and experience physical illness.

APPLYING THE FOUR PRINCIPLES FOR MINDFUL TRANSFORMATION CAN CREATE MORE EASE, HARMONY, AND FREEDOM.

RECOGNIZE What Is Happening

What is Happening... Ask yourself “What is happening inside me right now?” What sensations, emotions are you most aware of? Take a moment to become aware of the overall tone of the situation.

What are you worrying about?
What are you struggling with?
What’s holding you back?
Where are you feeling stuck?

We must begin with the willingness to see what is happening now. If we deny our difficulties, injustices, dissatisfaction, anger, pain, our values, yearnings and goodness we will suffer. With recognition we step out of denial and move towards freedom. Understanding, peace, love and wisdom are not tied to any one tradition, it happens on its own when we question, wonder, get curious and listen to ourselves without fear.

Pause in Presence

ALLOW The Experience To Be As It Is

Notice what is true and intend not to judge, push away or control anything you find. Send a message to your heart to “let be”. Allow discomfort, good feelings, wanting to control behaviors. Letting go happens after experiencing the feelings and accepting them.

Allowing helps us accept the facts before us. Allowing is not passive and does not mean we cannot work to improve things. It takes courage to step into the process of transformation. Allowing opens the heart to include whatever is before it.

Say Yes to What’s Here

INVESTIGATE With a Gentle, Curious Attention

Bring kind attention to your experience. Experiment and ask yourself these questions.

What most wants my attention?
What emotions does this bring up?
What does this part most need?

Here is how to work with a difficult experience. Starting with investigation in the body, we mindfully scan and locate where our difficulties are held. Sometimes we find heat, contraction, hardness, throbbing, numbness, a certain shape or color. We can investigate whether we are meeting this area with resistance or relaxation. Does the sensation intensify, move, expand, change, dissolve, or transform?

Staying mindful can investigate what feelings are part of this difficulty. Is the primary feeling tone unpleasant, or neutral? Often we discover a variety of feelings, recognize and accept each one. We investigate how each emotion feels, whether it is pleasant or painful, contracted or relaxed, tense or sad. We notice where we feel the emotion in our body and what happens to it as it is held in mindfulness.

Next comes the mind. What thoughts do you notice? Are there layers of thoughts? What thoughts and images are associated with this difficulty? What stories, judgments, and beliefs are we holding? When we look more closely, we often discover that some of them are one-sided, fixed points of view, or outdated, We can notice if an experience is actually as solid as it appears. Is it unchanging or is it impermanent, shifting, recreating itself? We notice if the difficulty expands or contracts the space in our mind, if it is in our control or if it has its own life. We notice if it is self-constructed. We investigate whether we are clinging to it, resisting it, or simply letting it be. We see whether our relationship to it is a source of suffering or happiness. And finally, we notice how much we identify with it.

Turn Toward Love

NURTURE With Loving Presence

Call on your most wise and compassionate part of being to offer yourself a loving message. Martha Beck shared in Wayfinder Coaching “I am meant to live in Peace”. When we lead with compassion our values, truth and peace can be nurtured. Welcome and believe you have the things you yearn for within.

What values or qualities do you want to embody?

Align these values with your truth and apply them when you are faced with difficulties.

When we inquire through the principles of RAIN we can let go and rest in mindfulness. Releasing the stories or identification transforms our difficulties. We can live with care, yet we are no longer bound by fears. When we recognize, allow, investigate and nurture with loving presence we discover that wherever we are, freedom is possible, just as the rain falls on and nurtures all things equally.

Rest in Awareness