

R.A.I.N.

Earl E. Bakken Center for
SPIRITUALITY & HEALING

UNIVERSITY OF MINNESOTA

In R.A.I.N. practice, each letter helps us to practice being with our emotions. You can take your time and explore RAIN as a stand-alone meditation or move through the steps in-the-moment, whenever challenging emotions arise.

R stands for = Recognize what is going on

(Recognizing means consciously acknowledging what you are experiencing in the moment. Name the emotion, for example ... oh, there is anger)

A stands for = Allow the experience to be there, just as it is

(Allow the emotions to simply be there, without trying to fix or avoid anything. You might recognize fear and allow by mentally whispering “it’s ok” or “this is just how it is right now.”)

I stands for = Investigate with curiosity and care

(Investigating means to call upon your natural curiosity to direct a more focused attention to the present moment experience of your emotions, thoughts and body sensations. Many find it most transformative and healing to gently explore the felt sense of the emotion in the body.)

N stands for = Nurture with self-compassion

(Try offering yourself the same kindness you might offer a dear friend who is having a difficult time. Experiment with gestures of kindness that help to comfort, soften, or open your heart. It might be whispering compassionate words of self-caring, or gently placing a hand on your heart, or envisioning being bathed in a warm, radiant light)

For more tips on mindfulness, visit: takingcharge.csh.umn.edu