

RAIN

R = Recognize when a strong emotion is present

A = Allow or acknowledge that it's there

I = Investigate the body, emotions, and thoughts

N = Non-identify with whatever is there

RAIN is an insightful self-inquiry practice that you can bring into your daily life to help you discover deeper threads of what triggers strong emotional reactions.

It's like going to a movie, where you sit back and watch the actors play out the drama. By seeing your story as impermanent and not identifying with it, you'll begin to loosen the grip of your own mind traps. This will help create the space for you to be with things as they are and deepen your understanding of what drives, underlies, or fuels your fears, anger, sadness, and emotions. It also grants you the freedom to look at the situation differently and choose a response other than what may be dictated by your story.

A Mindfulness Based Stress Reduction Workbook, Bob Stahl and Elisha Goldstein. Oakland, CA: New Harbinger Publications, 2010.