



Skill Practice: RAIN of Self-Compassion

R – Recognize what is going on.

A – Allow the experienced to be there just as it is.

I – Investigate with interest and care.

N – Nurture with self-compassion.

After the RAIN:

Notice the comfort we've created.

Tara Brach. (2024, January 31). *Resources ~ RAIN: Recognize, allow, investigate, nurture - Tara Brach.*
<https://www.tarabrach.com/rain/>

Practice the RAIN Meditation with Tara Brach

Sitting quietly, close your eyes and take a few full breaths. Bring to mind a current situation in which you feel stuck, one that elicits a difficult reaction, such as anger or fear, shame or hopelessness. It may be a conflict with a family member, a chronic sickness, a failure at work, the pain of an addiction, a conversation you now regret. Take some moments to enter the experience—visualizing the scene or situation, remembering the words spoken, sensing the most distressing moments.

R—Recognize What Is Happening

As you reflect on the situation, ask yourself, “What is happening inside me right now?” What sensations are you most aware of? What emotions? Is your mind filled with churning thoughts? Take a moment to become aware of whatever is predominant, or the overall emotional tone of the situation.

A—Allow Life to Be Just as It Is

Send a message to your heart to “let be” this entire experience. Find in yourself the willingness to pause and accept that in these moments, “what is...is.” You can experiment with mentally whispering words like “yes,” “I consent,” or “let be.”

You might find yourself saying yes to a huge inner “no,” to a body and mind painfully contracted in resistance. You might be saying yes to the part of you that is saying, “I hate this!” That’s a natural part of the process. At this point in RAIN, you are simply noticing what is true and intending not to judge, push away, or control anything you find.

I—Investigate with a Gentle, Curious Attention

Bring an interested and kind attention to your experience. Some of the following questions may be helpful. Feel free to experiment with them, varying the sequence and content.

What is the worst part of this; what most wants my attention?

What is the most difficult/painful thing I am believing?

What emotions does this bring up (fear, anger, grief)?

Where are my feelings about this strongest in my body?

When I assume the facial expression and body posture that best reflect these feelings and emotions, what do I notice?

Are these feelings familiar, something I've experienced earlier in my life?

If the most vulnerable, hurting part of me could communicate, what would it express (words, feelings, images)?

How does this part want me to be with it?

What does this part most need (from me or from some larger source of love and wisdom)?

A final note: Many students initially see “Investigate” as an invitation to fire up their cognitive skills—analyzing the situation or themselves, identifying the many possible roots of their suffering. While mental exploration may enhance our understanding, opening to our embodied experience is the gateway to healing and freedom. *Instead of thinking about what's going on, keep bringing your attention to your body*, directly contacting the felt sense and sensations of your most vulnerable place. Once you are fully present, listen for what this place truly needs to begin healing.

N—Nurture with Loving Presence

As you sense what is needed, what is your natural response? Calling on the most wise and compassionate part of your being, you might offer yourself a loving message or send a tender embrace inward. You might gently place your hand on your heart. You might visualize a young part of you surrounded in soft, luminous light. You might imagine someone you trust—a parent or pet, a teacher or spiritual figure—holding you with love. Feel free to experiment with ways of befriending your inner life—whether through words or touch, images, or energy. Discover what best allows you to feel nurturing, what best allows the part of you that is most vulnerable to feel loved, seen, and/or safe. Spend as much time as you need, offering care inwardly and letting it be received.

<https://www.mindful.org/investigate-anxiety-with-tara-brachs-rain-practice/>