

*The boundary to what we can accept is the boundary to our freedom. ~ Tara Brach*

## R.A.I.N.

The term R.A.I.N. was coined by Vipassana Teacher [Michelle McDonald](#). Tara Brach brought the term to prominence through her book, *Radical Compassion*.

### R.A.I.N.

*Your "go to" technique for managing Intense Emotions*

- R** Recognize what is happening.
- A** Allow "it" to be as it is: sensation, situation, life.
- I** Investigate with kindness, gentleness.
- N** Nourish with self-compassion.

A buddhist practice as taught by Tara Brach

The R.A.I.N. technique:

- Helps us heal the imbalances in our own soul.
- Increases equanimity and helps with balancing self-conscious awareness.
- Gives you a powerful tool to assist with handling intense emotions, whether positive or negative.
- Gives us the power to be there for ourselves and make ourselves whole instead of wanting, or expecting, someone else to do it.