

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

## R.A.I.N.

*Your “go to” technique for managing Intense Emotions*

- R**    **Recognize** what is happening.
- A**    **Allow** the sensation to be there.
- I**    **Investigate** with curious attention.
- N**    **Nurture** with kind gentle words.

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

The R.A.I.N. technique:

- Gives you a powerful tool for handling intense emotions, whether positive or negative.
- Helps heal the imbalances in your own soul.
- Gives you the power to be there for YOU and re-discover your wholeness— instead of wanting, needing, or expecting, someone else to do it for you.

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Tips for doing R.A.I.N.

- Stay in “sensation.”
- You will be uncomfortable BUT remember—you can do uncomfortable! It will not and can not, last forever!
- Release the story! Again and again and again. Come back to sensation.
- Stay with the sensation only as long as feels safe. It’s your experience you can leave whenever you want to.
- The time for analysis and reflection is AFTER the emotion has transmuted itself—if it’s needed you will know. If not, let it be. You are free to move on.