

R.A.I.N. YOUR GO-TO TECHNIQUE FOR INTENSE EMOTIONS

- R** Recognize
- A** Allow
- I** Investigate
- N** Nurture

STEPS OF THE R.A.I.N. TECHNIQUE:

At first, follow these first four steps in order. This is how to learn them and begin to memorize the sequence. As you become familiar with each facet of the technique, to the point of having each one memorized, you will find the whole process flows easily and naturally from one step to the next.

1. RECOGNIZE

First, acknowledge you are experiencing an intense emotion. Then locate AND RECOGNIZE where in your body you are experiencing the sensation(s) of the emotion.

Let go of the story that is the cause of the emotion. Again. And again. And as often as needed. Train yourself little by little to RECOGNIZE the sensations of an emotion without holding the thoughts or ‘the story’ behind it.

The goal of this step is to stay with the physical sensations of an emotion in your body—just the body’s sensations and you.

2. ALLOW

Notice any tightness or tension in your body, especially around the area of the emotion’s sensation. Begin to consciously soften any resistance to this tightness, using your breath and awareness, so you can ALLOW the sensation ‘the space it needs’ to ‘be’ there without resistance.

The sensation may be uncomfortable. It may be painful. It may feel new, unknown, and scary. Stay only as long as you feel comfortable. But, see if you can acknowledge and notice the sensation without running away from it.

This step goes counter to everything you’ve ever learned or done to protect yourself. Be patient and kind with yourself as you learn this new skill of ALLOWING an emotion to be present as purely a sensation.

3. INVESTIGATE

Once you can allow the sensation to be there, you are ready to INVESTIGATE it. The key here is curiosity. Explore the sensations as if you are discovering them for the first time. Some examples of things to be curious about are:

- Where is the core, most center point, of the sensation?
- Is it just as intense 2 inches to the right? The left? Behind?
- Does it have a temperature? Cold? Hot? Warm?
- How far away, while still being in your body, can you go and feel the intensity lessen?
- Is there movement?
- Is it hard? Soft?

Some wise teachers say that you cannot be curious and afraid at the same time. Your curiosity is the key 'attitude' that will help you INVESTIGATE your experience.

4. NURTURE

How do you nurture your own intense emotions? With kindness and compassion, for sure. This is the moment to place your hand on your heart and whisper loud enough for YOU to hear yourself say to YOU, nurturing, comforting phrases like these:

- It's okay. It's going to be okay.
- I'm here. I've got you.
- I'm paying attention. I'm not going anywhere.
- This isn't going to last forever.
- You're going to be okay.
- *any other phrases that nourish you and bring you comfort.*

Feel free to say phrases that comfort your heart. That nurture the part of you that is hurting, angry, afraid, filled with shame and self-loathing... But, the most important thing you can do at this point of the technique, is to show up for yourself without judgment, shame, self-loathing, or giving in to the urge to run away and abandon yourself.

Be there for you! It's the greatest gift you can give yourself.

Close with the LOVING KINDNESS BLESSING if it feels right.

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

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 deep analysis is needed you will know. If not, let it be. You are free to move on.

BENEFITS OF R.A.I.N.

- 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 rediscover your wholeness— instead of wanting, needing, or expecting, someone else to do it for you.

LOVING KINDNESS BLESSING

May I be at ease.

May I feel safe and protected.

May I be happy.

May I feel loving kindness for myself.

May I be filled with loving kindness for myself.

May I be hold myself in loving kindness,

That I may be at peace.