

## **RAIN Mindfulness Meditation – Being fully present – “Attend and befriend”**

Recognise when you are in fight, flight, freeze. When it is there. Then we can de-condition it. If you can't do it in the moment you will be able to do it later by bringing it to mind and getting a sense of it. Shift from fight, flight, freeze to compassion. Feel the “felt sense” in the body. We can naturally be kind to ourselves. We need to get in touch with our “implicit knowing”.

Bring to mind a reoccurring situation with others where you become reactive or stuck in a feeling eg anxious, angry, hurt, judging.

Now just come into your body, body scan, quieten the mind recognise and allow and offer care, soft and gentle. Inhale deeply and slow out breath. Feel breath and body

And practice RAIN

Recognize

Allow

Investigate with kindness/intimacy

Notice with intimate presence

Recognising and allowing are ways to pause. This is happening, I am recognising. I am going to allow it. I can investigate. What am I afraid of? What is the worst of it? What am I believing? Is it that, this person doesn't respect me? Is it that I don't deserve this attention? Feel into your body, throat, chest, stomach. Where is it, what does your face do, what does your posture do? Let the feeling be there. What does this part most need?

Does it want to be seen? Is it not safe? How does it want you to be with it?

Recognise – name what you are aware of eg I am sensing something in me that is defensive, angry or anxious (and say YES, I consent)

Allow – I am allowing the experience to be there by pausing and taking 3 full breaths and just letting it be. “Oh OK it is like this right now”

Investigate – Ask what does this really feel like in the body.....continue to breathe with the experience offering a kind, accepting attentiveness (intimate presence).

Notice if you sense an easing and then get on with your day.

At times we are so reactive we feel like we can't show ourselves compassion.

At these times we can sense a being that we know is loving eg Jesus, Buddha, mother earth, a person we know and we can bring that in and then we will/may find that in us – our self-compassion. Or just have the intention of showing ourselves compassion or even curiosity. You could say “May I be kind to myself”. Or ask “What does this suffering need?”

You can place a hand on your heart and let that love be there.

**Be that loving presence – be love**

Adapted from the work of Tara Brach [www.tarabrach.com](http://www.tarabrach.com)