

Guided RAIN

In this meditation, we will be using a tool called RAIN: Recognize, Allow, Investigate, Non-Identification and Nurturing. RAIN directly de-conditions the habitual ways in which you resist your moment-to-moment experience.

Take a few moments to scan your life. You might notice where you have turned on yourself in some way. It could be with your relationships with others or in your own behavior. It may be a conflict where you are feeling bad about yourself. Or you are at war with yourself for the way you are behaving with a partner, a friend, or your child. It may be something from childhood, adolescence, or adulthood – something that keeps poking at you. Choose something that makes you uncomfortable, unworthy, falling short, unlovable or not OK.

Recognize

We begin RAIN by recognizing that that feeling, or belief pokes at you, makes you feel at war with yourself. Recognizing the thoughts and feelings. How are they impacting you? Notice how you feel them in your body. This is your bell of mindfulness.

Allow

Just allow this to be here right now. This is how it is right now. I may not like it, but this is my current reality. Don't push it away, cover it up, or try to fix it. Can you be with it for just this breath...and for this one. Your mind is likely to secrete thoughts to pull you away from this difficulty. Say not now to those thoughts and shift the focus of your attention back to the difficulty. You are strong enough to be with it.

Investigate

We begin to investigate with curiosity. Be gentle.

Where are your reactions coming from?

When you're stuck in the situation what does it feel like in your body? What feelings and sensations are strong? Do your shoulders tighten? Does your jaw lock down? How does your stomach feel?

What happens in your mind? What are the stories you are telling yourself? What is fact and what is opinion? Do you run revenge scenarios through your imagination? Do you replay arguments with the accused, saying what you wish you had said at the time? Are you trying to prove you are right?

What are you believing about yourself? I will always fail. Things will never get better. No one could love me. I am not good enough. Are my beliefs true, partially true, used to be true or false?

What are you believing about other's intentions? They are out to get me. They don't like/love me. They just want to take advantage of me.

What are you believing about rules or regulations that you have to deal with? They are holding me back. They impact me more negatively than they do others.

What are you believing right now? Notice your beliefs.

Widen the investigation by asking: How has living with this belief affected my life? Can you see its impact on how you relate to yourself and others, on your creativity, your capacity to serve, your ability to enjoy experience, your inner growth? How tightly are you holding onto that belief? Can you loosen your hold a little?

What are the honest feelings in your heart? Not just the anger, but what about the fear, shame, helplessness, hurt, or sadness that sits just under that anger? Not just the restlessness, but the fear of failure, anxiety, or worries under the restlessness.

What is my intention: to tear others down and be “one-up,” try to improve the situation, to be right, to strengthen the relationship?

You might ask yourself, “What is it like to honestly see and feel how this belief has shaped my life?”

Sense the most vulnerable part of you. Where you feel the worst? Sense what that part most needs. The part that feels not OK. What does it need? Does it need to be seen in a different way? Does it need: Attention? Safety? Acceptance? Connection? Understanding? Love? Held with kindness?

What really matters?

Nurture

As you are feeling into that not OK place, experiment with putting your hand on your heart. This is the beginning of the nourishing part of RAIN. Perhaps there are words you offer to yourself. Its OK sweetheart. I am sorry and I love you. I am sorry you are suffering. You may sense the love of the divine flowing in you. Nourish with self-compassion.

Keep exploring what really allows you to feel love flowing in. Just the intention to let love flow inwardly deconditions the tendency to be at war with ourselves.