

**RAIN** meditation

Initially developed by the Vipassana teacher Michele McDonald the **RAIN** meditation was refined and popularised by renowned meditation teachers and clinical psychologists Jack Kornfield and Tara Birch

The letters of the acronym **RAIN** stand for the following four steps:

**R**ecognise the feelings, sensations, images and thoughts occurring inside you

**A**llow them to be just as they, dropping any resistance to them

**I**nvestigate them with warm, non-intellectual, non-identified curiosity

**N**urture these difficult feelings and sensations with self-compassion

With practice, this simple meditation can shift us, over and over again, out of our inner turmoil – to a steadier, mountain-like vantage point from which we can watch and assess the great waves inside us and calmly soothe them.

