



The RAIN Process

The description below is mostly in Tara Brach's own words and is taken from one of her two articles, [The RAIN of Self-Compassion](#) or [Finding True Refuge](#). This is similar to the [STOP process](#), in that it begins with a pause to take stock of what's happening (like the "ST" of STOP) and but differs from "STOP" in that it goes beyond a pause and brings a gentle investigation into what is happening inside.

R Recognize what's going on

You can awaken recognition simply by asking yourself: "What is happening inside me right now?" Call on your natural curiosity as you focus inward. Try to let go of any preconceived ideas and instead listen in a kind, receptive way to your body and heart, and bring awareness to whatever thoughts, emotions, feelings, or sensations are arising right here and now. Recognizing can be a simple mental whisper, noting what has come up.

A Allow the experience to be there, just as it is

Allowing means letting the thoughts, emotions, feelings, or sensations we have recognized simply be there, without trying to fix or avoid anything. You may feel a natural sense of aversion, of wishing that unpleasant feelings would go away, but as you become more willing to be present with "what is," a different quality of attention will emerge. Allowing is not about making yourself happy with what you are noticing, it's a gentle acknowledgment that things are the way they are in this moment.

I Investigate with interest and care

You might ask yourself: What most wants attention? How am I experiencing this in my body? What am I believing? What does this vulnerable place want from me? What does it most need? *Whatever the inquiry, your investigation will be most transformational if you step away from conceptualizing and bring your primary attention to the felt-sense in the body. When investigating, it is essential to approach experience in a nonjudgmental and kind way.* This attitude of care helps create a sufficient sense of safety, making it possible to honestly connect with our hurts, fears and shame.

N Nourish with Self-Compassion

Self-compassion begins to naturally arise in the moments that we recognize we are suffering. It comes into fullness as we intentionally nourish our inner life with self-care. To do this, try to sense what the wounded, frightened or hurting place inside you most needs, and then offer some gesture of active care that might address this need. Does it need a message of reassurance? Of forgiveness? Of companionship? Of love? Experiment and see which intentional gesture of kindness most helps to comfort, soften or open your heart. It might be the mental whisper, "I'm here with you." "I'm sorry, and I love you." "It's not your fault." "Trust in your goodness." In addition to a whispered message of care, many people find healing by gently placing a hand on the heart or cheek; or by envisioning being bathed in or embraced by warm, radiant light. If it feels difficult to offer yourself love, bring to mind a loving being—spiritual figure, family member, friend or pet—and imagine that being's love flowing into you.