

Hello, my name is Tracey Meyers, psychologist at Lawyers Concerned for Lawyers.

This practice today is called RAIN. RAIN is an acronym that stands for Recognize, Allow, Investigate, and Nourish. So I'll guide you through this practice we often use the RAIN practice when we encounter difficult situations. Fear, anger. Grief and loss.

So let's practice now. Sitting quietly. And close your eyes. Find a position that feels comfortable and take a few full breaths.

Now bring to mind a current situation where you feel stuck. One that elicits a difficult reaction, such as anger or fear, or shame or hopelessness. Maybe it's a conflict with a family member. A chronic sickness. A failure at work. A conversation you regret.

Take some moments to enter the experience. You might even visualize the scene or situation. Remember the words spoken? Sensing the most distressing moments. Essentially, we're contacting the charged essence of the story that's our starting place to explore the healing presence of RAIN.

As you reflect on this situation, ask yourself what is happening inside me right now. This is the R, Recognize what is happening inside me right now. What sensations are you most aware of? What emotions? Is your mind filled with churning thoughts? You might even feel these sensations manifesting in your body. Take a moment to become aware of your felt sense of the situation.

And then we'll move into A. Allow life to be as it is, send a message to your heart to just be in this entire experience. Find in yourself this willingness to pause and accept in this moment. It is this.

You might experiment with mentally whispering words like yes. This belongs or I can be with this. Just for now. Sometimes we'll find this inner no. Like, I don't want it to be like this, and we can even say yes to that. We can say yes. Of course I hate this right now. It's natural. We're just noticing what's true.

Making space to really allow whatever reactions are here. We're not trying to judge or push away or control. We don't have to allow this to be forever like this, but just for now.

Now we'll move toward investigation., the I in RAIN. Investigate with what I like to say is a gentle attention. Really exploring with this natural interest and curiosity. What needs my attention? What wants my acceptance? Can you do this gently and with your inner voice kind and inviting? Not harsh judgment that we often use.

Notice where you feel this experience in your body are you aware of any heat or tightness? Aches or squeezing? When you found the most intense part of your physical experience, bring it right into your face, maybe even your expression can mirror or even exaggerate what you're feeling in your body just so you can get in touch with what emotions are here. Is there fear anger?

As you continue to investigate, you might even ask yourself what am I believing? If you're stuck in a thought, you can drop it. You know we don't want to get stuck in a cascade of thoughts, but you might even believe something you might notice. Oh, there's this belief. That I'm failing in some way or that I'm going to get rejected or I've already been rejected. Or that I can't handle things. Or I won't be happy.

Just notice how does this belief live in your body. What are the sensations? Is there tightness or soreness? Burning or hollowness? And like before, we'll just send the message of, yes, this belongs, or I can be with this, or let it be. Just allowing yourself to feel the fullness of the experience, even though it's difficult.

As you contact and allow what's happening, what do you notice? Is there any softening in the body. Your heart, can you even feel more openness? Maybe space? Or does the intention just bring up more tension, judgment or fear? Does it intensify when you really try to notice it?

Now, asking the place of most difficulty, what do you need? You're asking like your inner truth, your inner self, what do you need most? How do you want me to be with you? Does this suffering part of you want understanding? Acceptance, company, forgiveness, love? Let yourself attend from your most awakened wise heart.

We're going to now come into the N, as Nurture. So as you sense what's needed., what is your natural response? What does this perhaps vulnerable place need to remember, experience or trust? You might offer yourself a wise message, such as I'm sorry and I love you. Or trust your goodness. Or it's okay, sweetheart? Or I'm here and I'm not leaving.

This place you might also find self touch healing. You might gently place your hand on your heart. Two hands on your heart. Your hands holding one another in your lap.

Feel free to experiment with ways of befriending your inner life. Whether through words or touch or images or energy? Just discover how your attention might become more intimate and loving.

And after the RAIN practice, see if you can just offer unconditional kind presence to yourself. Just relaxing back into our sense of spacious awareness, almost like we're the ocean, right? The ocean has waves on the surface and we can get caught up in the waves, but then just feel yourself as this ocean.

Open to this changing life. Can you sense how who you are is not identified by the wave, right? The wave of fear or anger or hurt.

Can you sense how the waves on the surface belong to your experience, but they can't actually alter your depth? Your vastness of being.

So take some moments, as long as you'd like just to rest in this spacious and kind awareness. Allowing whatever arises in your body or your mind to freely come and go.

Know this natural awareness is the innermost truth of what you are.

A few moments to gently open and close the eyes a few times, just coming back to this present moment. Noticing how the practice of RAIN affected you.

Thank you so much for taking the time to practice today. You can use this practice of RAIN at any time you're experiencing a difficult or painful feeling. We just want to contact a deeper sense of presence. My name is Tracey Meyers. I'm so happy that you joined me today. Thank you so much.