

RAIN

At any point in the day stop and hold some space to practice RAIN.

RECOGNIZE

What thoughts, emotions, feelings or sensations am I experiencing right now?

ALLOW

How can I truly be with this experience and let it be?

INVESTIGATE

With curious kind attention ask: "What is the worst part about this?" "Where else have I experienced this?" or "What am I believing about this?"

NURTURE

What message does the most wise, loving part of yourself want to offer you right now?