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# RAIN Mindfulness Practice

## **Cultivating Mindfulness and Compassion**

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# The Practice of RAIN



# No Disclaimers



Compassion is the medicine we most need as individuals and as a species to heal suffering and free our spirits.





# Introduction to RAIN

Definition of RAIN

RAIN stands for Recognize, Allow,  
Investigate and Nurture

# Recognize

- ◆ What does it mean to recognize?
- ◆ Recognizing thoughts, emotions, and sensation without judgment



The first step involves acknowledging and naming the emotions as they arise. By identifying and labeling what we feel, we create a foundation for understanding our inner world.

# Allow (A)

- ◆ What does it mean to allow?
- ◆ Allowing the thoughts and feelings to be present
- ◆ Avoiding resistance or suppression





In this stage, participants learn to accept their emotions without judgment or resistance. Allowing emotions to exist without suppression or avoidance fosters self-compassion and reduces the impact of emotional reactivity

# Investigate

- ◆ What does it mean to investigate
- ◆ Curiosity and self – inquiry

# NURTURE

What does it mean to nurture?

Offering self-compassion and care

Being kind and gentle with oneself





# Benefit of RAIN PRACTICE

- ◆ Reduce stress and anxiety
- ◆ Increase self-awareness
- ◆ Improve emotional regulation
- ◆ Increase self-compassion

# HOW TO PRACTICE RAIN

- ◆ Step-by-Step guide
- ◆ Recognize identify your thoughts, emotions, or sensations
- ◆ Allow: Let them be without judgment or resistance
- ◆ Investigate: Explore the underlying causes or triggers
- ◆ Nurture: Offer self-compassion and kindness

# PRACTICING RAIN





# The Art of Storytelling





Find a quiet  
and  
comfortable  
space

Set aside  
dedicated  
time

Used  
guided  
mediation  
recordings  
if helpful

Be patient  
with  
yourself,  
practice  
regularly

# Tips for a Successful RAIN Practice



# Conclusion

“Between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom” Victor E. Frankl



# Additional Resources

Mindfulness medication teacher certification program (MMTCP)  
soundtsrue.com

Free mindfulness daily meditation. [www. Tarabrach.com](http://www.Tarabrach.com)

# Contact Information



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# Questions



