

RAIN: Mindfulness and Self-Compassion

InsightTimer

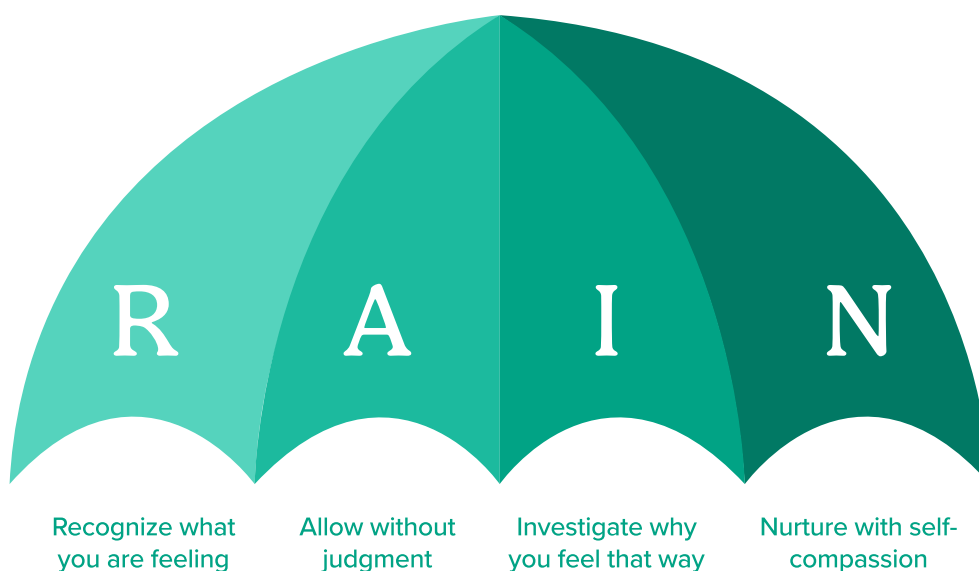
Created in collaboration with [Tara Brach, PhD](#)



Free RAIN practice:

[The RAIN of Self-Compassion](#)

RAIN is a four-step mindfulness practice, developed by Tara Brach, designed to help us recognize, understand, and respond to emotional difficulty with compassion.



- ☆ **Recognizing** means intentionally noticing the thoughts, feelings, and behaviors present in the moment. This can be as simple as a quiet mental note, gently naming what you're most aware of.
- ☁ **Allowing** means giving space for the thoughts, emotions, or sensations you've noticed. Let them be, without trying to change or resist them. You might acknowledge fear and allow it by softly saying to yourself, "It's okay," "This belongs," or simply, "Yes." This act of allowing creates a pause that opens the door to deeper awareness.
- 🔍 **Investigating** means turning your natural curiosity inward, focusing attention on your present experience. 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? Let the inquiry stay grounded in the body's felt sense, rather than getting caught in thoughts. That's where real insight arises.
- 💖 **Nurturing** means responding to your suffering with care and compassion. Start by sensing what the hurting part of you most needs: reassurance, forgiveness, love, or simply presence. Then offer a gesture of kindness, like placing a hand on your heart or whispering, "I'm here with you," or "I love you, and I'm listening." If it feels hard to offer yourself love, imagine someone who loves you deeply - a spiritual figure, a friend, a pet - and visualize their warmth and wisdom flowing into you.



After Practicing RAIN

Once you've moved through the steps of RAIN, take a moment to simply rest in the awareness that remains. Notice the quality of your presence: open, tender, and awake.

The gift of RAIN is the realization that you are no longer trapped in a limiting self-story. Instead, you can rest in the natural freedom and wholeness of your being. Let yourself become familiar with this space. It is both mysterious and deeply precious.

RAIN Journaling Prompts

As part of your healing journey, journaling through the steps of RAIN can also help you slow down, process what's arising, and meet yourself with deeper honesty and care.



Recognize what's happening

What am I feeling right now, emotionally and physically?

Is there a specific thought, memory, or trigger that's arising?

Can I name the emotion(s) present without judging them?

Allow the experience to be there

Can I let this experience be here without needing to fix, change, or escape it?

What happens in my body and mind when I give myself permission to feel this?

Is there any resistance — and can I allow that too?

Investigate with interest and care

What does this part of me most need right now?

When have I felt this way before? What's the earliest memory of this feeling?

If I put a hand on my heart and asked this feeling what it wants me to know, what might it say?

Nurture with self-compassion

What kind or loving words can I offer to myself right now?

Is there a gesture or image (e.g., holding my heart, a warm light) that brings comfort?

If someone I love were feeling this way, what would I say to them? Can I say that to myself?
