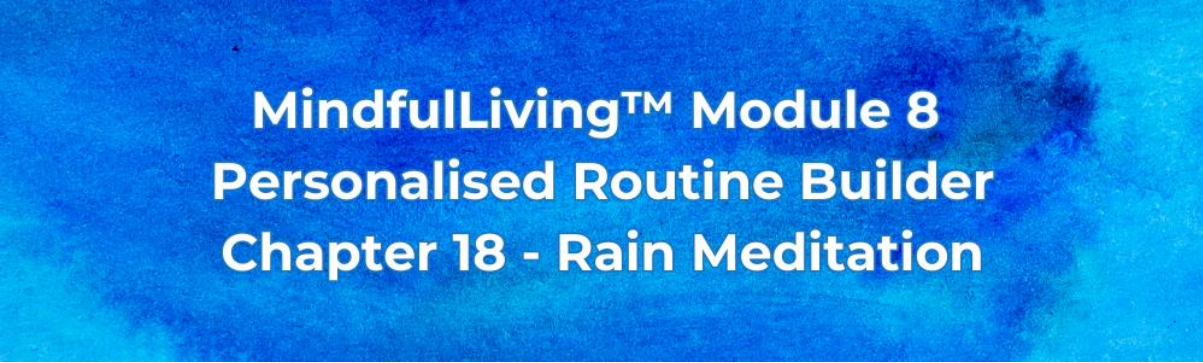




MindfulLiving™ Module 8

Personalised Routine Builder

Chapter 18 - Rain Meditation

The RAIN Process

Adapted by Shery Clein, MindfulLiving™ Coach
Developing Emotional Intelligence

Let's begin our RAIN meditation.

As we sit here, let's turn our attention inward. We'll notice the sensations in our bodies and the thoughts in our minds. This simple practice can help us cultivate a deeper understanding of ourselves and a sense of peace.

R: Recognise

- What's happening right now?
- What are you noticing in your body?
- What thoughts or feelings are present?
- Simply acknowledge what is.

A: Allow

- Let whatever is arising be.
- Don't judge or try to change it.
- Just allow the experience to be as it is.

I: Investigate

- With gentle curiosity, explore your experience.
- What do you notice about the sensations in your body?
- What thoughts are passing through your mind?
- What emotions are you feeling?

N: Nourish with Self-Compassion

- Treat yourself with kindness and understanding.
- Offer yourself words of encouragement and support.
- Let go of any self-judgment.
- Rest in this moment of self-compassion.

Reflecting on Your Practice

- What emotions surfaced during your RAIN practice?
- How did the process of recognising, allowing, investigating, and nourishing affect your state of mind?
- What insights did you gain about yourself?

Journal Prompt:

Describe a recent situation where you applied the RAIN process. What were your experiences and outcomes?

Thank you for joining us on this RAIN meditation.

♥ May this practice bring you peace, clarity, and self-compassion.

Blessings, Shery Clein MindfulLiving™ Coach



Disclaimer: *The information provided by Shery Clein, MindfulLiving™ Coach, is for general informational purposes only. Please consult with a qualified healthcare professional for any health concerns.*