



## The RAIN Process

The description of this process, below, is mostly in Tara Brach's own words and is taken from her article, [Finding True Refuge](#). This is similar to the [STOP process](#), in that it begins with a pause to take stock of what's happening (like the "ST" of STOP) and ends with opening into the Natural Awareness (like the "OP" of STOP) that can happen after pausing and gently inquiring within. Where it differs from "STOP" is that it goes beyond a pause and brings a gentle investigation into what is happening inside.

### **R** Recognize what is happening

You can awaken recognition simply by asking yourself: "What is happening inside me right now?" Call on your natural curiosity as you focus inward. Try to let go of any preconceived ideas and instead listen in a kind, receptive way to your body and heart, and bring awareness to whatever thoughts, emotions, feelings, or sensations are arising right here and now.

### **A** Allow life to be just as it is

Allowing means "letting be" the thoughts, emotions, feelings, or sensations you discover. You may feel a natural sense of aversion, of wishing that unpleasant feelings would go away, but as you become more willing to be present with "what is," a different quality of attention will emerge. Allowing is intrinsic to healing, and realizing this can give rise to a conscious intention to "let be."

### **I** Investigate inner experience with kindness

Investigation means calling on your natural interest—the desire to know truth—and directing a more focused attention to your present experience. Simply pausing to ask, "What is happening inside me?" might initiate recognition, but with investigation you engage in a more active and pointed kind of inquiry. You might ask yourself: "What most wants attention?" "How am I experiencing this in my body?" or "What am I believing?" or "What does this feeling want from me?" We need to offer a gentle welcome to whatever surfaces. This is why I use the phrase "Investigate with kindness." Without this heart energy, investigation cannot penetrate; there is not enough safety and openness for real contact.

### **N** Natural Awareness (or Non-identification)

The first three steps of RAIN require some intentional activity. In contrast, the N of RAIN expresses the result: a liberating realization of your natural awareness. There's nothing to do for this last part of RAIN—realization arises spontaneously, on its own. We simply rest in natural awareness.