

Slowing Down the Mind

Mindfulness Practice

Go through the steps of RAIN to help slow down the mind and bring the mind into present awareness and out of reactivity and compulsion.

RAIN:

R - Recognize what is going on. Bring the focus of the mind to the present moment. What is going on right now around and within myself?

- Find your breath.
- Label the thought or experience that is taking place right now.
- Find an object to focus attention on
- Feel sensations in the body..

A - Allow the experience to be there, just as it is. Notice initial avoidance, judgements or resistances and pause before reacting to them.

I - Investigate with kindness.

- Am I engaging with beginners mind or overly controlling mind.
- Be curious, be scientific, be open learning through discovery.
- Tolerate the discomfort of uncertainty.
- Am I being kind to self or not?

N - Natural awareness, which comes from not identifying with the experience.

- Aware of awareness itself.
- Equanimity: Mental calmness, composure, capacity to hold opposites, like good and difficult.
- Smile to yourself.
- See the change and impermanence operating, like a passing river.
- Struggling with natural awareness, go back to the R: Recognize; A: Allow; I: Investigate and back to Natural awareness and find your breath again. Return awareness to the breath.
- Be patient, be kind, be present.
