

# Meditation with **RAIN**

You can use this for a meditation or a journal prompt. Whatever works best for you! If you want to learn more, Tara Brach has a lot of great resources on her website at [TaraBrach.com/rain](http://TaraBrach.com/rain).



## RECOGNIZE

### How do you feel?

How do you feel about your relationships with others, your body, work and health? Try to identify each feeling.

## ACCEPT

### Accept your feelings.

Let them exist as they are instead of trying to fight them, fear them or change them.



## INVESTIGATE

### Get curious.

What about these feelings might reveal a limiting belief you hold about yourself or others?

## NURTURE

If you were sharing these feelings with a wise friend or mentor who loves you unconditionally, what do you think they would say to you? Say or write those things to yourself.

