

R.A.I.N.

- R Recognize. Simply name what is being noticed by the mind.
- A Acknowledge, Allow, Accept. Can there be a lack of resistance towards what is being known?
- I Interest, intimacy. Spending some time with what is being known. Getting to know some things about it. Not by thinking about it, but simply by being with. For emotions and mind states, feeling how what is being known is manifesting in the body can be very helpful.
- N Non-Identification, Nature. Whatever is being known is not you. It does not belong to you. It's simply something that has arisen and is being known by awareness.