



Mindfulness Meditation

Dealing with Emotions

Part of knowing what is happening in any given moment is working with emotions. This can be easier said than done. However, when we learn about recognizing, accepting, investigating, and nurturing (R.A.I.N), there will be less time spinning around with the painful thoughts or emotions.

Let's begin exploring how recognizing, accepting, investigating, and nurturing, or R.A.I.N. helps us deal with emotions by first shifting attention to what's happening in your inner experience.

Notice the position of your body.

As we begin to settle in, feel free to let go of any tension you observe or make any adjustments you may need.

Now, let's gently invite the mind and body to relax a little bit more into this moment.

Notice where your hands are.

Aim to sense each fingertip.

Then the space between your fingers.

Now sense the space inside each finger.

The front of your palms and the back of each hand.

Now, sense your body breathing.

Notice if the breath is long. Short. Fast. Slow. Tight. Constricted.

Sometimes, the breath can clue us into what feelings and emotions are arising.

Check in now and see if you can recognize, which is the first part of R.A.I.N, your feelings.

Don't try to change anything. Just observe your experience in this moment.

Perhaps it is pleasant, unpleasant, neutral.

In order to ALLOW, the 2nd part of R.A.I.N, our experience to move and change, we need to soften. In other words, we need to not work so hard to try and change our experience or sensation. We're just allowing for this particular moment.

Try to soften your attention by relaxing your eyes, face, and jaw.

As much as you may like or not, this is happening right now.

Now, let's see if you can learn something about yourself by INVESTIGATING, the third part of R.A.I.N.



Mindfulness Meditation

Dealing with Emotions

What are you feeling now?

Can you name it without reacting to it?

Can you describe what you feel?

What size is it? Big? Small?

Does it have a color?

Does it have a texture?

Simply by investigating this experience, sometimes our thoughts or feelings change.

Now, let's NURTURE, the last part of R.A.I.N, what is happening.

There's a part of you that can embrace this moment. Perhaps you can sense this by imagining what it would feel like to be held by someone you love.

This sense of a nurturing embrace supports you in being strong and confident.

You can handle what comes your way, even if there are difficult emotions and sensations.

Stay with this sense of embrace, as long as your feelings and emotions shift and change.

Now, find your breath.

Is it slow or fast?

When you notice that your attention has gone to thinking, relax gently into this nurtured sensation of being held.

Let's try this one more time together.

Recognize what emotion is here.

Perhaps it is pleasant, unpleasant, neutral. Like blinking your eyes.

Now, is there another feeling or emotion you may be able to recognize?



Mindfulness Meditation

Dealing with Emotions

Allow it by softening around any expectations or ideas.

It is simply here.

Let's investigate it.

Does it have color?

Shape?

Texture?

Is it located in the body?

Notice if you like or don't like it.

It is here.

Notice if you're friends with it.

Nurturing a sense of caring for all life.

In this moment is there anything you can offer yourself from your sense of heart?

Stay with this for as long as you are able.

Emotions and feelings are like waves in the ocean. There's a famous saying in mindfulness practice that you can't make the waves stop, but you can learn how to surf. R.A.I.N supports us in surfing.

Notice how you are breathing now.

Has it changed?

Is it long? Short?

Sense into the feeling of what is happening now.

Recognize there are feelings happening.

Are you able to name what it is? No right or wrong answer.

Simply allow, and then learn about it by investigating.



Mindfulness Meditation

Dealing with Emotions

Does it have a color? A shape? Texture? How big is it?

Softening a little more around it, as you aim to nurture this learning about a part of you.

Remember to use R.A.I.N again and again. You may have noticed that feelings and emotions change and are like the weather. They come and go. If you don't cling to them or push them away, they move by more quickly. You've got this!