

Have you ever felt like the world has become one giant blender, set on high, with you inside it? You're not alone. In these turbulent times, staying centered often feels like a superhero-level feat. Yet, more than ever, the world needs people who can find peace not after the storm, but *inside* it.

That's where a simple and powerful mindfulness tool called RAIN comes in. RAIN offers a pathway back to your center when the world outside (and sometimes inside) feels overwhelming. Let's walk through how you can practice it—and why it matters so much right now.

### **Meet RAIN: Your Inner Umbrella**

RAIN is an acronym that stands for:

- **Recognize**
- **Allow**
- **Investigate**
- **Nurture**

RAIN is a way to meet life's challenges with mindfulness, compassion, and grace.

Rather than trying to control the chaos around us, RAIN helps us become the calm *within* it.

### **Step 1: Recognize – Name What's Happening**

The first step to staying centered is *recognition*—simply noticing your feelings without judgment.

Think about the moments when your chest tightens, your stomach knots, or your temper flares.

Rather than pushing those feelings away, RAIN invites you to pause and name them:

*"Ah, this is fear." "Hello, sadness." "There's anger."*

Desmond Tutu, who faced immense political and personal storms, once said, *"Hope is being able to see that there is light despite all of the darkness."*

Recognizing the storm doesn't mean we surrender to it, it means we see clearly and awaken hope.

### **Step 2: Allow – Make Space for Your Emotions**

After recognition comes *allowing*, which means allowing yourself to feel what you feel, without resistance or guilt. Allowing doesn't mean we love feeling anxious, angry, or overwhelmed. It means we stop fighting what's real in the moment.

Remember the story of Jesus calming the storm? He didn't panic. He didn't shout at the wind. He embodied peace—and the seas obeyed. When we allow our emotions without judgment, we create space for our inner calm to rise.

### **Step 3: Investigate – Get Curious, Not Critical**

Next comes *investigation*—exploring your experience with loving curiosity. Ask yourself gentle questions like:

- Where do I feel this emotion in my body?
- What story am I telling myself right now?
- What does this part of me need most—understanding, safety, and patience?

In Buddhism, life is often compared to a snow globe: When we're shaken, everything inside stirs up. But the snow settles if we sit still long enough, and clarity returns. Investigation isn't about fixing yourself. It's about meeting yourself with tenderness.

#### **Step 4: Nurture – Be Your Own Safe Harbor**

Finally, we *nurture*. We offer ourselves the kindness and care we often give so freely to others. Imagine placing a hand over your heart and whispering: *"It's okay. I'm here with you."* Nurturing yourself in moments of struggle shifts everything. You become your own safe harbor amidst the waves.

As A Course in Miracles says, *"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."*

#### **The RAIN Meditation**

Here's a quick guided version:

- **Recognize:** What emotion is present? Name it softly.
- **Allow:** Let it be there without rushing it away.
- **Investigate:** Where do you feel it? What does it need?
- **Nurture:** Offer yourself words of kindness, touch your heart, breathe love into the moment.

Simple, powerful, transformative.

#### **Why This Matters: A Story of Viktor Frankl**

Holocaust survivor Viktor Frankl endured unimaginable loss yet taught this profound truth:

*"Everything can be taken from a person but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances."* Frankl found meaning *inside* the storm, not after it. We can too.

#### **Your Invitation**

This week, when life feels overwhelming, try RAIN.

Practice it at stoplights.

Practice it in long grocery store lines.

Practice it when you read the news.

Not to escape the storm, but to become the calm within it.

**Affirmation:** Breathe it in, and affirm:

***"I nurture my heart with love. I am the calm in the eye of the storm."***

The world doesn't need more people running from the chaos. More people must become the peace they wish to see. And that person, dear one, can be you.