



RAIN Meditation Script

Start by finding a comfortable position.
Sit or lie down in a way that feels steady and supported.

Let your eyes close if that feels okay.

Take a slow breath in...
and a long, gentle breath out.

Let your breathing return to its natural rhythm.

R — Recognize

Bring your attention to what you're feeling right now.

Ask yourself gently:
"What is happening inside me in this moment?"

Notice what's present—an emotion, a thought, or a body sensation.

Name it softly to yourself.

This might be: anxiety... sadness... frustration... tension... or simply "feeling overwhelmed."

There's no need to change it. Just recognize it.

A — Allow

Now, allow this experience to be here.

Say to yourself:
"This is what is here right now."

Let the feeling exist without pushing it away or holding onto it.

If it feels intense, remind yourself:
"I can make space for this."

Allow it to be present, just as it is.

I — Investigate

Now gently explore your experience with curiosity.

You might ask:



- Where do I feel this in my body?
- What does it feel like—tight, heavy, warm, tingling?
- What is this emotion trying to show me?
- What does it need right now?

Stay soft and kind in your noticing.

There is no need to analyze—just gently observe.

N — Nurture

Now bring kindness to yourself.

Imagine speaking to yourself as you would to someone you care about.

You might say:

“It’s okay that I feel this.”

“I’m here with you.”

“You’re not alone in this.”

If it feels right, place a hand over your heart or another comforting place on your body.

Offer yourself support, patience, and care.

Now take a slow breath in...

and a long breath out.

Notice how you feel now, without judgment.

You don’t have to fix anything.

You’ve simply made space for your experience with awareness and kindness.

When you’re ready, gently open your eyes or return your attention to the room.

Take this sense of presence with you.