

Meditation - working with RAIN

Summary

During this activity, participants will experience how they can work with the reactivity that comes up around aggression. In dealing with aggression we often feel pain, sense of powerlessness, anger, or aggression ourselves. It can even trigger painful experiences or traumas from the past (Kabat Zinn, 2004).

After having worked with aggression it is essential that we tend to ourselves. The technique of RAIN helps us to focus our attention in a clear, systemic way that goes straight through the confusion and stress. And helps us to be more compassionate for ourselves and, as a result, others.

Aims

- Knowing what RAIN stands for and what the benefits are;
- Experiencing those benefits;
- Being motivated to cultivate mindfulness in daily practice.

Participants

Adults in a work environment

Method

- Knowledge transfer
- Meditation
- Reflection

Source

(Brach, Radical Acceptance, 2003)

(Brach, True Refuge, 2012)

(Kabat Zinn, 2004)

(Nhat Hanh, 2008)

Keywords

Meditation, Mindfulness, Compassion, Self-care, Calm

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Description

An individual or group will start exploring the theory of RAIN and its benefits.

During meditation, the participant(s) will then experience what it is like to practice RAIN.

Lastly, the participants will reflect upon the technique and share their insights with others.

Material

Audio recordings of the meditations (to be made by mindfulness trainers)

Handouts

Pen

Advice for Facilitators

- Please let these meditations be guided by experienced mindfulness trainers, which can be found all over Europe.
- Let the participants practice with situations, examples, or emotions that are not too intense.

Handout

Yes, the text that is below can be both by the facilitator and by the participant as a reference work.

Category: Mindfulness, Group size: Small group, Duration: 90 min

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